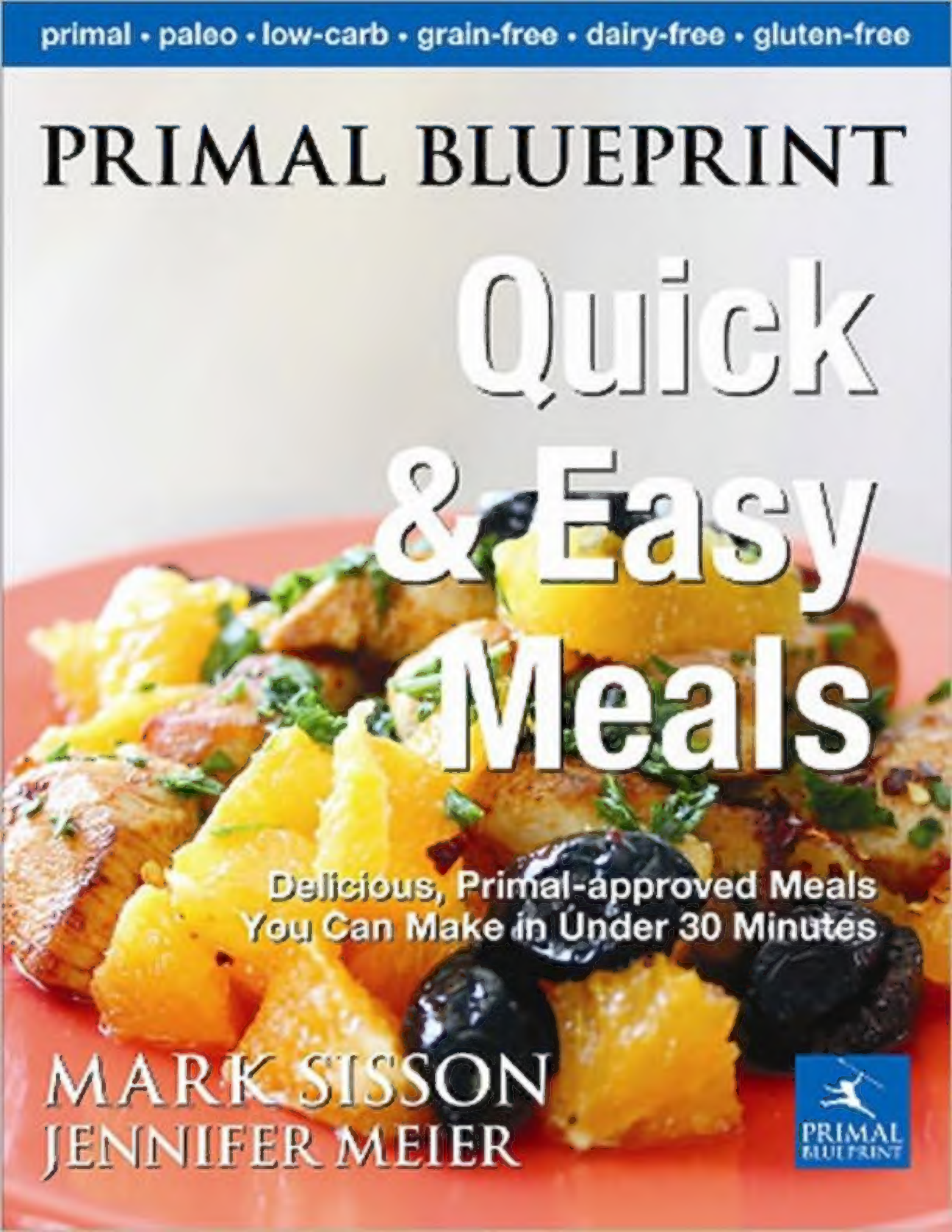
primal • paleo • low-carb • grain-free • dairy-free • gluten-free

PRIMAL BLUEPRINT

Quick & Easy Meals



Delicious, Primal-approved Meals
You Can Make in Under 30 Minutes

MARK SISSON
JENNIFER MEIER

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Library of Congress Control Number: 2011921606

Library of Congress Cataloging-in-Publication Data
Sisson, Mark, 1953-

Primal Blueprint Quick and Easy Meals / Mark Sisson with Jennifer Meier

ISBN 978-0-9822077-4-1
1. Cooking 2. Health 3. Diet 4. Low Carb

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For more information about the Primal Blueprint, please visit www.primalblueprint.com For information on quantity discounts, please call 888-774-6259

Publisher: Primal Nutrition, Inc.
23805 Stuart Ranch Rd. Suite 145
Malibu, CA 90265

ACKNOWLEDGMENTS

Mark Sisson

I must acknowledge first and foremost all my wonderful readers over at my ever-expanding blog MarksDailyApple.com. Their enthusiasm and support have helped raise awareness of the Primal Blueprint lifestyle to the point where it is poised to become a mainstream phenomenon. Reader questions, suggestions and directions have also helped guide these most recent Primal culinary explorations. I like the way you guys think.

My co-author Jennifer Meier has once again exceeded expectations in bringing to life a wide variety of brand new delicious, yet easy-to-prepare, meals. I must confess that many of these were initially designed to appeal to my own finicky palate and my relative impatience in the kitchen (I want fabulous food and I want it now), so the challenge was double. Most of her work was done while pregnant with her first child, and once again Jennifer did double duty as the food photographer. Talk about multi-tasking!

I also want to thank Aaron Fox, my general manager and MarksDailyApple.com webmaster, who was instrumental in coordinating the efforts of everyone involved in this project, served as the main copy editor and handled the indexing. MarksDailyApple.com staffers Bradford Hodgson and Cailyn Roybal added valuable insights and fact checking, with Cailyn assuming the task of divining all the macronutrient breakdowns. My super designer Kristin Roybal came through (again) with a fabulous design and layout of both the text and cover.

Special thanks to my beautiful wife Carrie and fabulous children Devyn and Kyle for their love and support as we all look to see what the Primal Blueprint holds for the future.

Jennifer Meier

Thank you Mark Sisson and Aaron Fox for introducing me to the world of Primal eating and for being so enthusiastic about creating the best recipes possible. A huge thank you to the online community at MarksDailyApple.com—your insatiable appetite for great food has inspired all the recipes in this cookbook. And thanks, of course, to my husband Sorin, who happily eats everything I cook.

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INTRODUCTION

PEOPLE ARE THINKING ABOUT FOOD MORE THAN EVER. What we eat, where and how it was grown or raised, and the endless ways in which it can be prepared all continue to be hot topics of conversation. The primal eating pattern of our hunter-gatherer ancestors—consuming a wide range of fresh, organic, seasonal foods—is being celebrated in modern times. And yet, simultaneously, obesity rates and lifestyle diseases continue to be on the rise. Our society continues to be dependent on processed foods and addicted to sugars, grains and man-made fats that our bodies are not genetically programmed to thrive on.

So many of us have made the connection that eating well brings pleasure, and that what we eat directly affects how we feel. Yet, we cannot fully break free from the foods and lifestyle habits that are causing us harm.

The solution to this modern dilemma does not have to be complicated. Nor does it have to involve the deprivation we've been led to believe is necessary. Ten simple, logical steps that served our primal ancestors well not just for surviving, but for genetically thriving, can continue to serve us well in the modern world: Eat lots of plants and animals. Move around at a slow pace. Lift heavy things. Run really fast every once in awhile. Get lots of sleep. Play. Get some sunlight every day. Avoid trauma. Avoid poisonous things. Use your mind.

It's that simple. Or is it? The frenetic pace of modern existence can seem at odds with these core beliefs of the Primal Blueprint. How can we possibly enjoy a happy, healthy, balanced lifestyle while living in such a hectic world?

Here's the thing: the Primal Blueprint gives you immense personal power to make necessary changes in your life with minimal sacrifice and little chance of failure. Every Primal law doesn't have to be followed every day; rather,

it's about incorporating them over time into a longer journey; a journey that leads to overall physical and mental well-being. And what better way to begin that journey than by sitting down to a delicious home cooked meal?

For the uninitiated, the Primal Blueprint eating strategy simply seeks to emulate the hunter-gatherer diet of our ancestors (find out more in my best-selling book *The Primal Blueprint).* Our primary goals are the elimination of most simple sugars, grains (wheat, rye, barley, corn, etc.), legumes (soy, kidney beans, etc.) and trans and hydrogenated fats and oils—foods that our genes never encountered until very recently in human history. Moreover, these are often the same foods that confuse our genes into making us sick over a long period of time. Instead, the Primal Blueprint focuses on quality cuts of meat, fish, fowl, eggs, copious amounts of vegetables, fruits, and healthy, life-sustaining fats. These are the foods our genes expect us to be eating and which promote a healthy weight, abundant energy, and a robust immune system.

Primal Blueprint Quick & Easy Meals contains 110 recipes that are completely Primal and will simultaneously meet all the needs of anyone seeking a gluten-free, low carb, low dairy, or paleo existence. And here's the best part: every recipe is written specifically with your busy lifestyle in mind. Delicious, easy-to-prepare recipes like Chorizo and Almond Crusted Halibut and Tahini Chicken Salad are proof that "convenience food" does not have to be pre-packaged and processed. In 30 minutes or less you can have healthy, satisfying and unbelievably flavorful meals on the table that you can feel good about.

And with the handy macronutrient profiles (courtesy of the very useful site FitDay.com) included with each recipe you'll know exactly what you're putting in your body, no guesswork required. Each profile is per serving, with per serving figures calculated based on the upper recipe serving size. For example, if the recipe creates 2-4 servings, the per serving macronutrient profile will be based on a 4 serving recipe (i.e. fat, carb, protein quantities divided by 4, not 2). Likewise, for recipes that call for a range of an individual ingredient, the upper ingredient quantity is used when determining the macronutrient profile. For example, if a recipe calls for ½ to 2 pounds of chicken, 2 pounds of chicken were used when

calculating the profile. Keep in mind that all calculations are approximations, and that figures have been rounded to the nearest whole number. As such, aggregate totals may not amount to the expected value in some cases. While all meals in this cookbook have a place in a Primal diet, armed with this knowledge you'll be equipped to pick and choose recipes depending on your own personal weight loss or weight maintenance goals.

You'll also find helpful hints, easy-to-follow instructions and color photos on each page, making your time in the kitchen (even if it's only 30 minutes!) less stressful and more fun. What you won't find in this book are low-fat, low-flavor "diet" foods or ingredients like grains, trans and hydrogenated fats and excessive sugars and dairy. Instead, dishes like Pork and Shiitake Lettuce Cups and Espresso Rubbed Steak will bring new flavors and variety to your table, proving once again that eating Primal is about expanding your culinary horizons, not limiting them.

PRIMAL BLUEPRINT LAW #1: EAT LOTS OF PLANTS AND ANIMALS

BECAUSE OUR PRIMAL ANCESTORS HAD NO OTHER OPTION, they ate a diet that varied widely and consisted only of what they could catch or forage: meat, fowl and seafood, fruits and vegetables, tubers, nuts and seeds. Without knowing it, they were also ingesting antioxidants, polyphenols, minerals, healthy fats and protein— nutrients our bodies need now more than ever to thrive.

In the 21st century we have plenty of options—too many one could argue—leading us away from the simple but well-balanced and nourishing Primal diet that suited our species so well for so long. What we don't have, however, is the time to spend all day hunting and gathering and preparing our meals.

Primal Blueprint Quick & Easy Meals makes it more convenient than ever to eat the foods you should be eating with very little hassle. This cookbook will make transitioning to the Primal Blueprint eating style simple, and can help those who have already committed to Primal eating stay on track.

BREAKFAST, LUNCH AND DINNER

WHETHER WE LIKE IT OR NOT, MODERN LIFE USUALLY REVOLVES AROUND A SCHEDULE. Getting to work on time, getting the kids to soccer practice, getting dinner on the table by a certain hour...you're probably all too familiar with the routine.

Our ancient ancestors didn't punch a time clock every day and they probably didn't eat dinner every night at exactly 6pm. They ate when they were hungry or when food was available. For over two million years of human history, this random, sporadic, intermittent eating pattern shaped our DNA. Today we work with the very same genetic recipe and, as a result, our bodies are well-equipped to deal with both grazing and intermittent eating. Allowing for these variations in eating patterns makes following an eating plan less stressful and frees you to respond to genuine hunger, not a ticking clock.

Still, regular meal times remind us to set aside a piece of the day to nourish ourselves and take a necessary break. For ease of use, the recipes in *Primal Blueprint Quick & Easy Meals* are divided into universal meal categories: breakfast, lunch, dinner, and snacks/appetizers (with some flavorful sauces and spice rubs thrown in at the end). Don't let these categories restrict how you use this cookbook. There's nothing wrong with a Fennel and Olive Omelet for dinner and Pork Fried Cauliflower Rice for breakfast if that's what you crave. Better yet, double the recipes you cook so you can eat them for dinner one night and as a snack the next day.

However you use this cookbook and whenever you eat your meals, remember that just because you're cooking quickly doesn't mean you have

to eat quickly. Spending less time in the kitchen gives you more time to sit and enjoy the meal. Take time to appreciate the food you've just cooked and enjoy the calories that are fueling your body. Eating mindfully also helps sustain long-term health and fitness goals by making you more aware of how much and what you're eating.

SHOPPING STRATEGIES AND COOKING SHORT-CUTS

PREPARING A GREAT MEAL IN 30 MINUTES OR LESS CAN TAKE A LITTLE PRACTICE. If you don't cook often, you may find that a few of the recipes in this cookbook will take you longer to make than we've predicted. The first time, anyway. The more you cook, the faster and more skilled you'll become. You'll become comfortable using the recipes as a guide, then ad-libbing a little bit as you go, adding a little more of this and a little less of that to suit your own palate.

If you're someone who has no trouble getting a meal on the table in 30 minutes or less, this cookbook will inspire you to branch out and experiment with new ingredients and cooking techniques. It's easy to get caught in a rut and fall back on the same tried-and-true, easy-to-get-on-the-table meals week after week. This not only gets boring, it also limits the variety of foods in your diet.

In either case, whether you're following the recipes in this cookbook or cooking free-style without any recipe at all, a well-stocked kitchen and a few simple cooking strategies make it much easier to throw together a Primal meal.

Keep Non-Perishables Well-Stocked

These ingredients are the building blocks for Primal meals and will keep for weeks or months if your pantry or kitchen cupboards stay relatively dark and cool.

Quick & Easy Tip

Visit MarksDailyApple.com to take advantage of hundreds of Primal cooking and lifestyle tips and to join the conversation about what it means to live Primally in the modern world.

Healthy Oils

With more and more types of cooking oil crowding the shelves at the grocery stores and more and more conflicting advice about each one, what should be a simple purchase suddenly feels very complicated. It doesn't have to be; we've analyzed and cooked with all of them for you. These are the oils to keep in your kitchen:

OLIVE OIL – When in doubt, olive oil is a safe bet for most of all your cooking needs. Virgin or extra-virgin olive oil is what you want to buy, and although extra virgin is supposed to have superior flavor, this isn't always the case—what is superior flavor to one person is only so-so to another. Some people like delicate, hardly noticeable flavor and some love a peppery, fruity full-flavored oil. Finding your personal favorite requires trying different brands. If you decide to splurge on a more-expensive olive oil or are lucky enough to have locally bottled oil, reserve it for drizzling on salads and already-cooked food, as heat can diminish its flavor.

COCONUT OIL – This oil has a special place in my Primal heart, and not only because it's such a fantastic source of the healthy saturated fat that is essential to so many of our bodily functions. Coconut oil is shelf stable, stands up to heat well and tastes delicious.

Unrefined virgin oil is what you want, whether you're cooking with it or using it to moisturize your hair.

NUT OILS – As long as you avoid peanut oil (technically, it's a legume and shouldn't even be considered a nut oil) many others are worth trying in moderation. Two especially worth seeking out, both for flavor and health benefits, are walnut and macadamia. An occasional drizzle of these nut oils on a salad or already-cooked dish can add amazing flavor. Avoid heating nut oils or keeping them for more than six weeks, as they are prone to rancidity. You should keep nut oil in the refrigerator.

SESAME OIL – Sesame is another highly flavorful oil to keep in the pantry (or refrigerator), but not one to use daily. It stands up to heat fairly well and can be used for quick high-heat cooking, like stir-frying, or used to add a distinct flavor to sauces and dressings.

PALM OIL – Virgin red palm oil is the most nutrient-rich, although it has a distinct taste that can alter the flavor of food in a way some people don't enjoy. Nevertheless, it's chock full of vitamins and antioxidants and very shelf stable.

GHEE – Ghee is ultra-clarified butter, basically pure butterfat that has been relieved of all lactose and dairy proteins. It has a nutty, pleasant flavor and can be used in the exact same way as butter, with one highly convenient difference: ghee will keep for months outside of refrigeration.

Nuts

True, many nuts do have a high omega-6 content and over-indulgence could potentially tilt you towards pro-inflammatory bodily processes as we discuss in *The Primal Blueprint*, but this view of nuts is too simplistic. Overall, a nut is a pretty complete nutritional source and in moderation can

add incomparable richness and texture to a dish. Best bets are almonds, macadamia nuts, hazelnuts, pecans, brazil nuts, pine nuts and pistachios.

Flour Alternatives

Those nuts in your pantry aren't just for snacking; they can also be ground up and used as a substitute for flour in many recipes. Nut flours do not have the same properties as wheat flour, however, so some experimentation is necessary. For baking, blanched nut flours (the skin is removed from the nut) typically work best. Un-blanched nut flours are commonly labeled as "nut meal" rather than nut flour. Coconut flakes can also be ground into a flour-like consistency. Both nut and coconut flour are available in most grocery stores. Both should be stored in airtight containers; if you're not using them up within a month or so, consider keeping these flours in the refrigerator.

Spices

Spices are a great way to add new flavor to meat and give vegetables an entirely different personality. For maximum flavor, buy whole spices and grind them yourself. At the very least, replace pre-ground spices every six months.

Sea Vegetables

At least in the western world, sea vegetables (more commonly referred to as simply seaweed) are an often-overlooked nutritional powerhouse. Most varieties are sold dried and keep well for long periods of time.

Coconut Milk

Unsweetened, canned coconut milk can add richness and flavor to broths, sauces and baked goods and is ideal for simmering meats or vegetables. Coconut milk keeps for many months on the shelf, but should be refrigerated and used within a few days after opening.

Salt

In moderation, salt brings out tremendous flavor in foods and for most people can also have some health benefits. And the great thing about cooking at home is that you get to control exactly how much salt goes into your food. Unrefined and unprocessed sea salt, mineral salts and rock salts are loaded with minerals, and have a pure flavor—a little bit goes a long way. Varieties with larger flakes, such as fleur de sel, celtic grey salt and Himalayan Pink salt, are best used to season a dish after it's already been cooked.

Sweeteners

If you're craving a little sweetness or need it to balance the flavors in a dish, raw honey and pure maple syrup are good to have on hand. In small quantities, dried fruits without any added sugar can be used for the same reasons.

Buy the Freshest Perishables Possible

One of the most memorable meals I've had was also one of the simplest. I was traveling in Spain and was served a dinner of fresh fish seared quickly in high-quality, local olive oil. Perfectly Primal and perfectly delicious. There were no complex sauces or seasonings and yet, years later I can't get this meal out of my mind. Some of this can be attributed to the setting—I was taking time to relax and enjoy and truly taste each bite—but mostly it was the incredible freshness of the ingredients. The fish had probably been caught that day and the olive oil was pressed from olives grown nearby. Fresh, high-quality ingredients speak for themselves. You don't need to spend hours in the kitchen to make them taste good. If buying organic, grass-fed beef means you can't afford to eat as much beef as you once did, consider this is a wise trade-off. Cultured butter made from the milk of grass-fed cows and pasture-raised organic eggs are investments that will pay off as well in terms of your overall well-being. Beyond being conscious of how your food is raised, knowing where it comes from matters, too. Buy locally from farmers' markets when you can, or grow your own. I guarantee you'll taste the difference.

Make Your Own Condiments, Sauces, Dressings and Stocks

Many bottled condiments, sauces and dressings are filled with undesirable sugars and preservatives. Canned stock and broth is usually high in sodium and low on flavor. Plan ahead a little, and your refrigerator and freezer can be well-stocked with homemade versions of all these immensely useful perishables. Visit MarksDailyApple.com for recipes that will show you how to make everything from homemade ketchup and BBQ sauce to beef stock.

Join a CSA

If you can't get to a farmers' market to buy local produce each week, or if you find yourself buying the same three vegetables week after week at the grocery store, consider subscribing to a CSA (community supported agriculture). CSA boxes come directly from local farmers and are filled with a variety of seasonal produce.

Chop Vegetables Ahead of Time

How long have those unpeeled carrots and that head of kale been staring back at you from the refrigerator? Despite our best intentions, sometimes the thought of cleaning and prepping vegetables is enough to prevent us from eating them. Dedicating just a half hour or so each week to cleaning, peeling and chopping produce makes mealtime a snap. Store the produce in airtight containers and then throughout the week snack on the veggies or throw them into salads, stir-frys, sautés and omelets. If you're really pressed for time, consider buying pre-cut vegetables at the store. You'll be amazed by how quickly vegetables disappear when anyone— including kids—can easily grab a handful on the go. And if you have children, consider having them help do the prep. It's a great way to get them involved in a Primal eating style early in life.

Get To Know Your Butcher and Fish Monger

Most butchers and fish mongers, especially those you shop with regularly, are happy to prep proteins to your specifications. If a recipe calls for meat or seafood to be cut a certain way, have them do it for you. Buying a fish that's already been skinned and de-boned by a professional or an entire chicken that's been perfectly cut up can save you time and frustration later.

Cook Double Portions of Protein

The steak you had for dinner on Monday would be fantastic in a breakfast burrito on Tuesday morning, or in a steak salad on Wednesday. Cooking extra amounts of protein with the intention of eating it later in the week will make throwing together meals less of a hassle, especially when it comes to packing lunches.

Cook Double-Portions of Everything

Any of the recipes in this cookbook can be doubled and stretched into more than one meal. Plan on eating the leftovers later in the week, or freeze some for further down the road. Freezing is a great solution if you're someone who doesn't want to be cooking every night of the week. Of course, this means you'll have to...

Invest In a Freezer

A good freezer will allow you to not only freeze cooked meals for later use, but also stay stocked up on vegetables and fruit year round. This can be especially valuable if you live in an area where the dark days of winter limit the types of fresh produce available. A freezer also makes fiscal sense by allowing large meat purchases— like buying a whole pig or cow from a farmer or taking advantage of sales at the butcher shop.

While the freezer that's connected to your fridge can hold small amounts of food for short periods of time, a deep freezer can hold large amounts of food. Lined freezer paper and sealed containers and bags made specifically for freezing are a necessary investment to protect the food from freezer burn. If you have the space, a chest freezer is the best choice, since the cold air stays in the freezer when you open it.

Take Advantage of Technology

Our Primal ancestors may have gotten along just fine with kitchen tools like sharpened rocks and sticks, but I'm willing to bet a food processor would have made their lives a lot easier. To make cooking less work, consider investing in some modern conveniences:

MICROWAVE – We're not suggesting you cook every meal in the microwave, but if using it now and then means you're eating healthy foods that you wouldn't normally bother with, then a microwave can come in handy. As you'll see in several recipes from this cookbook, food that normally takes a long time to cook—squash, root vegetables, eggplant—can be cooked quickly in a microwave without sacrificing flavor or texture.

FOOD PROCESSOR – If you cook often, this appliance will more than pay for itself. Food processors can grate, chop and purée just about anything and make nut butters, chop vegetables, mix sauces and even grind meat. Smaller models are available, but have limited usability. Consider buying one that holds at least nine cups.

BLENDER/IMMERSION BLENDER – Smoothies are one of the fastest and easiest meals around, especially if you own a blender. Blenders are also great for puréeing soups and sauces.

PRESSURE COOKER – Whole chickens, roasts and stews, tender vegetables and stock: all of these things are possible in an hour or less with a pressure cooker. When you don't have time to braise food for hours in the oven, a pressure cooker comes to the rescue.

SLOW COOKER – So this won't actually get a meal on the table in record time (hence the name) but it will decrease the actual amount

of time you spend cooking a meal. That's because a slow cooker (commonly called a Crock Pot) does it all for you; all you have to do is get the ingredients in the pot.

FOOD DEHYDRATOR – While not an essential Primal cooking tool, this handy appliance makes creating delicious beef, venison or turkey jerkies and dried fruit a cinch.

Take Advantage of Low-Tech Tools

Ask any chef and they will tell you that the only tool you really need is a sharp knife. As true as this is (especially the sharp part) most home cooks find that a few other tools make life easier in the kitchen. You don't need every gadget in the cooking store, far from it, but there are a few to consider:

KITCHEN SHEARS – Easier to use than a knife, you can cut fresh herbs and greens with kitchen shears, but will find them the most helpful when trimming meat and seafood.

SALAD SPINNER – Soggy greens lose their crisp texture and don't soak up the flavor of salad dressing as well. With a salad spinner, you can wash and dry greens in record time.

GARLIC PRESS – "Finely chopped garlic" just might be the most frequent phrase written in all cookbooks. A garlic press does all the work for you.

A GOOD CUTTING BOARD – Your cutting board should be large enough that food doesn't slide over the edges while you're

prepping and stable enough that it doesn't rock back and forth and slide while you chop. Buy a large board that has traction on the bottom, or use this trick: place a slightly damp towel under your cutting board to keep it from sliding.

COOKING WITHOUT A RECIPE

EVEN THOUGH THIS IS A COOKBOOK, IT'S WORTH NOTING THAT EATING PRIMAL DOESN'T ALWAYS MEAN FOLLOWING RECIPES. In fact, some of the Primal meals and snacks I turn to most often are so simple that I didn't even bother creating recipes for them. Once your kitchen is well-stocked with the wide range of foods available to you on the Primal diet, you'll find that putting together a Primal meal or snack can be as simple as getting creative with what you have on hand. What are some of my five-minute favorites?

THE BIG-ASS SALAD – Throw some greens in a bowl, add a handful of the veggies you've pre-chopped, top it off with a handful of nuts or some protein leftover from dinner the night before, toss with a generous dousing of oil and lemon. *voilà!* You've got yourself a Big-Ass Salad. This salad often ends up being the biggest meal of my day.

STUFFED AVOCADOS – Think of an avocado as an edible bowl. Take out the pit and fill the hole it leaves with a mashed hard-boiled egg topped with crumbled bacon.

NUT BUTTER – True, you can buy pre-made nut butter, but you can also pulse some nuts in a food processor and get the same creamy result. Eat it by the spoonful or use nut butter as a dip for veggies and fruit, and occasionally with dark chocolate.

SMOOTHIES – Two or three scoops of **Primal Fuel.** Water. Ice. Blend. Done. If you have more time, you can get creative with your smoothies. Try one of these combos:

Coconut Milk, Frozen Berries

Coconut Milk, Almond Butter, Unsweetened Cocoa Powder

Coconut Milk, Cooked Squash (or canned pumpkin), Cinnamon

Coconut Water, Egg Yolk, Frozen Blueberries

Ice, Spinach, Avocado, Hot Sauce

Ice, Cucumber, Avocado, Tomato

SANDWICH WRAP – Spread out a Romaine lettuce leaf and fill it with chopped leftover meat, tomatoes, avocado and a dollop of mayonnaise. Wrap the leaf around the filling.

SCRAMBLES – Whisk some eggs, throw 'em in a pan with butter and leftover meat and veggies. Good for breakfast, lunch and dinner!

COCONUT SOUP – Bring equal parts chicken stock and coconut milk to a boil. Add spinach and shrimp. Simmer 2-3 minutes.

TRAIL MIX – Throw together a few handfuls of nuts with ½ cup of dried cranberries or raisins, unsweetened coconut and a sprinkle of cinnamon.

When you don't have any time at all, these ready-to-eat foods can be Primal snack staples:

CANNED SARDINES AND SALMON

SMOKED SALMON

LEFTOVER COOKED MEAT

COLD SHRIMP

OLIVES

FULL-FAT GREEK YOGURT

FRESH BERRIES

FRESH VEGGIES DIPPED IN SALSA OR GUACAMOLE

NUTS AND NUT BUTTERS

JERKY

PORK RINDS

AVOCADOS

Quick & Easy Tip:

Primal Fuel is a high-protein, low-carb, moderate-fat, meal replacement powder made with mostly Primal ingredients—no HFCS, artificial sweeteners, soy, unhealthy fats, low-quality protein or any other ingredients that you usually find in meal replacements.

Whey protein is another option for adding protein to smoothies, and although it isn't strictly Primal, whey protein can be an effective, occasional high-protein meal replacement.

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NUTTY BLUEBERRY PROTEIN BALLS

BERRY CRUMBLE

BERRY PANCAKE

PRIMAL HOT CEREAL

CREAMY COCONUT SQUASH

CAULIFLOWER PURÉE WITH SAUSAGE AND POACHED EGGS

TURKISH EGGS

BUTTERY EGGS AND LEEKS

FENNEL AND OLIVE OMELET

BROCCOLI QUICHE

PIZZA FRITTATA

SPAGHETTI SQUASH OMELET

PORTOBELLO MUSHROOMS STUFFED WITH EGGS AND SPINACH

BREAKFAST BURRITO

BISON BREAKFAST PATTIES

ESPRESSO RUBBED STEAK

SMOKED SALMON, EGG, AND ASPARAGUS ROLL UPS

STEAK WITH ROMESCO SAUCE

BACON AND EGG SALAD

TURNIP HASH BROWNS

BACON SOUFFLÉ FRITTATA

PORK AND RADISH HASH

SAVORY SMOOTHIE

BREAKFAST

BREAKFAST

NUTTY BLUEBERRY PROTEIN BALLS

Time in the Kitchen: 15 minutes
Servings: 12 balls *(macronutrient profile based on serving size of 2)*

4 dates, pits removed

1 cup walnuts

½ cup macadamia nuts

2 tablespoons coconut oil

½ cup fresh or defrosted blueberries (fresh work best)

½ cup unsweetened shredded coconut

These little balls of protein are packed with tons of healthy fat and are the perfect snack when you're on the run. They're also a healthy way to satisfy a sweet tooth. Change the flavor of Nutty Blueberry Protein Balls by using different types of nuts each time you make them. Other variations include adding cinnamon, dark chocolate, or dried fruit instead of fresh. Or, instead of coconut, roll the finished balls in sesame seeds.

Pulverize dates in a food processor until a paste forms, about 40 seconds (the paste will typically come together in a clump).

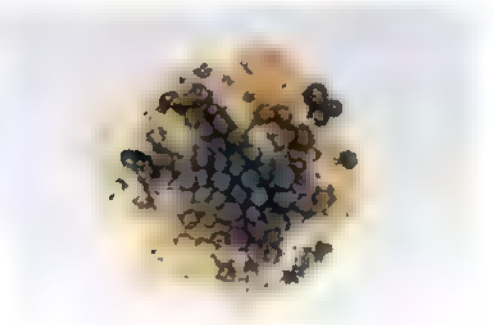
Add walnuts and macadamia nuts and blend until very finely chopped, about 35 seconds.

With the blade still running, drizzle in coconut oil and stop as soon as the oil is blended in. Scrape the batter into a bowl and stir in the blueberries and ¼ cup of the coconut.

Form the batter into round balls, then roll in leftover shredded coconut. Pop a few in your mouth immediately, and refrigerate the rest for snacking later!

Macronutrient Profile (per serving)

	Grams	Calories	%-Cals
Calories		**340**	
Fat	**29**	**243**	**71%**
Saturated	9	76	22%
Polyunsaturated	10	82	24%
Monounsaturated	9	74	22%
Carbohydrate	**22**	**82**	**24%**
Dietary Fiber	4		
Protein	**5**	**16**	**5%**



BERRY CRUMBLE

Time in the Kitchen: 15 minutes

Servings: 3

½ cup walnuts

½ cup pecans

a pinch of salt

¼ teaspoon cinnamon

$^{1}/_{8}$ teaspoon cardamom or nutmeg

1 tablespoon butter, cut into small pieces

1 tablespoon vanilla

3 cups berries (frozen or fresh)

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Servings: 3

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a pinch of salt

¼ teaspoon cinnamon

$^{1}/_{8}$ teaspoon cardamom or nutmeg

1 tablespoon butter, cut into small pieces

1 tablespoon vanilla

3 cups berries (frozen or fresh)

A berry crumble is usually something thought of as dessert, but when made without any flour, oats or added sugar, it becomes a perfectly Primal, high-antioxidant breakfast. The berries and nuts are delicious alone, but a drizzle of coconut milk or dollop of yogurt on top add to the "yum" factor.

Preheat oven broiler to low.

In a food processor or blender, grind walnuts so they are very finely chopped. Add pecans, salt, cinnamon, cardamom and butter and pulse until just blended, 10-15 seconds.

In a small pot, heat berries with vanilla. Bring to a gentle boil for 5 minutes, so the berries are well heated.

Drain off any liquid the berries have released and spoon the berries into a small oven-proof dish.

Spoon the nut mixture evenly on top of berries. Put under the broiler and heat for several minutes until the topping is lightly browned. Keep an eye on the crumble as it cooks; if the broiler is too hot the nuts are bound to burn.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**350**	
Fat	**30**	**255**	**73%**
Saturated	5	41	12%
Polyunsaturated	14	115	33%
Monounsaturated	10	86	24%
Carbohydrate	**17**	**65**	**19%**
Dietary Fiber	6		
Protein	**6**	**20**	**6%**

Quick & Easy Tip

If you buy a large bag of walnuts for this recipe, use the remaining nuts to make **Creamy Walnut Sauce** (page 195) or **Nutty Blueberry Protein Balls** (page 3).

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BERRY PANCAKE

Time in the Kitchen: 25 minutes

Servings: 4

3 tablespoons unsalted butter 1 cup berries

4 large eggs, separated into whites and yolks

1 teaspoon vanilla extract

½ teaspoon cinnamon

This giant pancake has a texture between a soufflé and a pancake, which is like combining the best of two worlds. Either way, there's no reason to consider this breakfast a splurge, since there is no flour or added sugar. If you're really in the mood to treat yourself, top the cooked pancake with either melted butter, a drizzle of coconut milk or a very light dusting of powdered sugar.

Preheat oven to 400°F.

Heat butter in a 10-inch oven-proof skillet over medium heat. Add the berries and simmer for 3-5 minutes so the liquid thickens.

While the berries simmer, use an electric mixer to beat the egg whites until stiff peaks form.

In a separate bowl, whisk the egg yolks for 1-2 minutes by hand with the vanilla and cinnamon. Gently fold the yolks into the egg whites.

With the heat under the fruit still at medium, spread the egg batter evenly on top of the fruit. Cook 2 minutes without touching, then transfer the pan to the oven. Bake for 10-12 minutes until the batter is puffed up slightly and lightly browned.

Remove the pan from the oven. Place a plate over the pan and flip the pan to invert the soufflé so the fruit is faced up. Eat warm or at room temperature.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**176**	
Fat	**15**	**132**	**75%**
Saturated	7	65	37%
Polyunsaturated	1	12	7%
Monounsaturated	5	42	24%
Carbohydrate	**4**	**14**	**8%**
Dietary Fiber	1		
Protein	**7**	**27**	**15%**

PRIMAL HOT CEREAL

Time in the Kitchen: 10 minutes
Servings: 2

½ cup almonds, whole or slivered

½ cup pecans

½ banana

¼ teaspoon ground cinnamon

1/8 teaspoon salt

¼ cup unsweetened almond milk or coconut milk, plus more to taste

Some mornings, a bowl of creamy hot cereal sounds just right. This version contains no grains but tastes even better than an old fashioned bowl of oatmeal. I like the combination of almonds and pecans, but you can experiment with your favorite nuts. All the protein and healthy fats in this cereal will fill you up fast.

Pulse all ingredients in a food processor or blender until desired consistency is reached. Depending on your preference, the hot cereal can be smooth and creamy or chunky.

Warm the cereal in the microwave or on the stove until hot. Add fresh berries and more almond or coconut milk to taste.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**487**	
Fat	**45**	**373**	**77%**
Saturated	9	79	16%
Polyunsaturated	10	86	18%
Monounsaturated	23	190	39%
Carbohydrate	**19**	**75**	**15%**
Dietary Fiber	8		
Protein	**11**	**38**	**8%**

CREAMY COCONUT SQUASH

Time in the Kitchen: 20 minutes
Servings: 3-4 *(macronutrient profile based on 4 servings)*

½ butternut squash

1 ½ cups coconut milk

½ teaspoon cinnamon

½ cup pecans or other nuts

A smooth and creamy purée of butternut squash is a nice change of pace from bacon and eggs. The natural sweetness of the squash is complemented by the sweetness of the coconut milk and the warm flavor of cinnamon, making this a breakfast that is comforting to kids and adults alike.

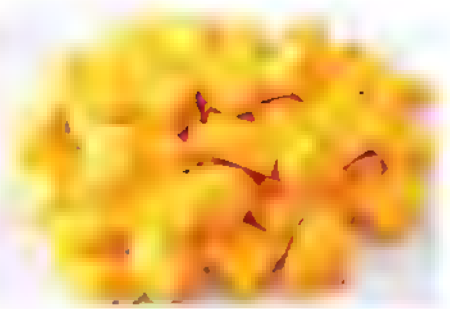
Scoop the seeds and pulp out of the squash and peel the outside with a vegetable peeler. Cut the squash into small chunks and microwave until soft, about six minutes.

Place the squash in the food processor and blend until smooth. While blade is still running, add coconut milk and cinnamon.

Serve warm in a bowl, garnished with nuts and a generous pat of butter or an extra drizzle of coconut milk.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**292**	
Fat	**27**	**223**	**77%**
Saturated	20	163	56%
Polyunsaturated	2	16	5%
Monounsaturated	4	31	11%
Carbohydrate	**15**	**57**	**19%**
Dietary Fiber	6		
Protein	**4**	**12**	**4%**



CAULIFLOWER PURÉE WITH SAUSAGE AND POACHED EGGS

Time in the Kitchen: 15 minutes

Servings: 1-2 *(macronutrient profile based on 2 servings)*

½ pound sausage, sliced into chunks

½ head cauliflower, broken into florets

1-2 tablespoons butter, or more to taste

salt to taste

1-2 eggs

1 tablespoon finely chopped parsley

This dish was inspired by a traditional bowl of creamy Southern grits. The mild flavor and creamy texture of puréed cauliflower is a healthy Primal stand-in. Adding soft poached eggs and sausage creates a dish that instantly turns into comfort food.

If you eat dairy, adding a little cream or grated cheese to the cauliflower purée will create a richer, even creamier texture.

Set a small pot of water on to boil for the poached eggs.

Sauté the sausage in a pan over medium heat until cooked through.

While the sausage is cooking, microwave (or steam) the cauliflower until soft, then purée in blender or food processor with the butter. Add salt to taste.

When the water comes to a very gentle boil, crack an egg in a bowl or cup then slide it carefully into the water. Let the egg cook for several minutes, until the egg white is hard and the yolk is cloudy. Scoop the poached egg out of the water with a slotted spoon.

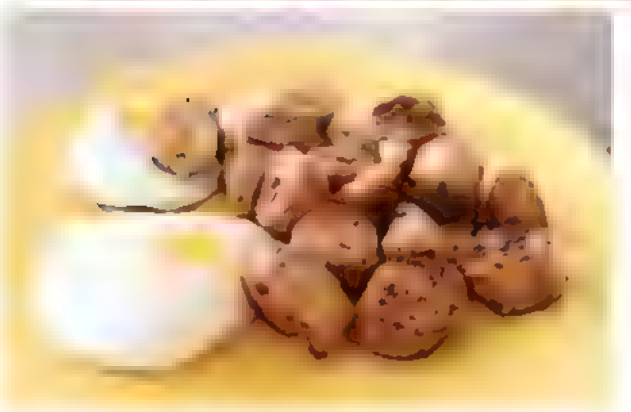
Mix the sausage in with the cauliflower purée. Top with a poached egg and garnish with parsley.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**573**	
Fat	**49**	**439**	**77%**
Saturated	19	172	30%
Polyunsaturated	6	49	9%
Monounsaturated	19	170	30%
Carbohydrate	**3**	**12**	**2%**
Dietary Fiber	2		
Protein	**30**	**123**	**21%**

Quick & Easy Tip

What to do with the other half of the cauliflower? Use it to make ***Vegetable Coconut Stew*** (page 113) or the ***Korean Cauliflower Rice Bowl*** (page 127).



TURKISH EGGS

Time in the Kitchen: 15 minutes
Servings: 1 (can easily be multiplied)

¼ cup plain full-fat yogurt

1 large garlic clove, finely chopped

1 tablespoon white wine vinegar or apple cider vinegar

1 egg

2 tablespoons unsalted butter

1 tablespoon finely chopped parsley

½ teaspoon paprika

a pinch of red pepper flakes or cayenne

a pinch of salt

If you've grown bored of omelets and scrambles, this heavenly dish will make you feel like you're eating eggs again for the first time. A poached egg

drizzled in paprika and parsley-spiked butter and set on a pillow of full-fat yogurt and garlic is a revelation.

If you can find sweet Hungarian paprika, it will have much more flavor than regular paprika sold in most grocery stores.

Stir yogurt and garlic together and spread on a plate. Set aside.

Fill a skillet or small pot with 2-3 inches of water. Add vinegar and bring to a very light simmer. Carefully crack the egg into a small cup. Very gently, slide the egg into the simmering water. Cook the egg undisturbed for 2-4 minutes, until the egg white is cooked. If the egg has stuck slightly to the bottom, first use a plastic spatula to loosen it, then lift the egg out of the water with a slotted spoon. Place the egg on top of the yogurt.

Over medium heat, melt the butter and add parsley, paprika, red pepper flakes and salt. Turn off the heat when the butter begins to sizzle and brown. Drizzle the butter on top of the egg.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**322**	
Fat	**30**	**266**	**83%**
Saturated	17	154	48%
Polyunsaturated	2	15	5%
Monounsaturated	8	75	23%
Carbohydrate	**5**	**18**	**6%**
Dietary Fiber	0		
Protein	**9**	**36**	**11%**

BUTTERY EGGS AND LEEKS

Time in the Kitchen: 20 minutes

Servings: 2

4 leeks

3 tablespoons butter

3 tablespoons heavy cream (optional)

6 eggs

2-4 slices cooked bacon, crumbled

Even without the cream, you'll find this combination of silky scrambled eggs and leeks to be a luxuriously satisfying meal. As leeks cook, they become buttery and sweet in their own right and the mild flavor is a perfect pairing with eggs. Add some crumbled bacon on top and this simple dish is downright divine.

Trim the darker green tops off the leeks and slice the lighter green/white bottom section in half lengthwise. Rinse each leek well, then slice crosswise into thin strips.

Melt 2 tablespoons of butter in a skillet over medium-low heat and add the leeks, sautéing gently for a few minutes before putting a lid on the pan and letting the leeks cook for 8-10 minutes until very soft. Keep the heat low and stir occasionally; a little browning is okay, but mostly you just want the leeks to get soft.

While the leeks are cooking, whisk the eggs with 1 tablespoon of cream and a pinch of salt and pepper. Warm the remaining tablespoon of butter in a pan over low heat then add the eggs. Keep the heat low and stir the eggs constantly as they cook so they don't brown and become too firm. When the eggs are cooked but still a bit loose and soft, remove from heat and divide on two plates.

Stir remaining 2 tablespoons of cream into the leeks and season with salt if needed. Spoon leeks over scrambled eggs and garnish with crumbled bacon.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**477**	
Fat	**40**	**356**	**75%**
Saturated	18	158	33%
Polyunsaturated	4	37	8%
Monounsaturated	14	122	26%
Carbohydrate	**7**	**25**	**5%**
Dietary Fiber	1		
Protein	**23**	**96**	**20%**

Quick & Easy Tip

For convenience, cook a whole package of bacon at once, then freeze small portions to use as needed. Wrap the individual portions in paper towels then place in a sealed plastic bag. The frozen bacon will keep 4-6 weeks in the freezer and can go directly into a frying pan or be re-heated in a microwave.

FENNEL AND OLIVE OMELET

Time in the Kitchen: 20 minutes
Servings: 2 omelets

4 tablespoons olive oil

1 fennel bulb, thinly sliced (fronds removed)

2-3 garlic cloves

2 tomatoes, chopped

½ cup finely chopped fresh basil

½ cup pitted olives

salt to taste

6 eggs, beaten

feta or goat cheese (optional)

If you're tired of throwing the most obvious foods into your morning omelet —mushrooms, spinach, sausage—then this Mediterranean-flavored omelet

is just for you. While it's delicious for breakfast, don't hesitate to make this omelet for dinner, too.

Warm 2 tablespoons of olive oil in a skillet over medium-high heat and add fennel, sautéing until lightly browned. Add garlic and tomatoes and sauté five minutes more. Transfer to a bowl and mix in olives and basil. Salt to taste.

Warm remaining olive oil in a skillet. Add half of the beaten eggs to the skillet. As the eggs cook, use a spatula to lift the edges of the omelet and tilt the skillet so uncooked egg comes in direct contact with the pan.

After about three minutes, when the eggs are mostly set, add half of tomato mixture to one side of the eggs. Using a spatula, fold the uncovered half of the omelet over the top; cook a minute more and slide onto plate.

Repeat to make second omelet.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**578**	
Fat	**50**	**440**	**76%**
Saturated	10	87	15%
Polyunsaturated	6	57	10%
Monounsaturated	30	264	46%
Carbohydrate	**15**	**53**	**9%**
Dietary Fiber	5		
Protein	**21**	**86**	**15%**

BROCCOLI QUICHE

Time in the Kitchen: 30 minutes
Servings: 4-6 *(macronutrient profile based on 6 servings)*

4 cups broccoli florets

6 eggs

1½ cups coconut milk or whole cream

1 tablespoon melted butter

¼ teaspoon nutmeg

¼ teaspoon pepper

¼ teaspoon salt

¼-½ cup grated cheese (optional)

A crust-less quiche is just as rich and satisfying, and quicker to make, than quiche with a crust. You can use this basic recipe as a starting point, and add other ingredients to the quiche as well, such as cooked sausage and other vegetables.

Preheat oven to 425°F.

Butter a 10-inch round or 13x9-inch square baking dish.

Cook broccoli in the microwave or in boiling water for 4 minutes.

Whisk together eggs, coconut milk/cream, butter, nutmeg, salt and pepper. Stir in broccoli (and cheese, if using).

Pour into baking dish with broccoli and bake 20 minutes until set in the middle.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**282**	
Fat	**23**	**196**	**70%**
Saturated	16	134	48%
Polyunsaturated	1	13	4%
Monounsaturated	4	32	11%
Carbohydrate	**13**	**48**	**17%**
Dietary Fiber	5		
Protein	**10**	**38**	**13%**

PIZZA FRITTATA

Time in the Kitchen: 15 minutes

Servings: 4-6 *(macronutrient profile based on 6 servings)*

2 Italian sausages, sliced, or 1 cup of ground meat

1 cup sliced mushrooms

1 tomato, chopped

6 beaten eggs

¼ cup finely chopped fresh basil

1 teaspoon dried oregano

¼-½ cup grated mozzarella (optional)

While this frittata is not exactly like pizza, it does have all the Italian flavor of a pizza pie without all the carbs. And it's even good cold—just wrap some up and pack it for lunch.

Preheat oven broiler to high.

Heat a little oil over high in an ovenproof 10-inch skillet then add sausage and mushrooms. Sauté until sausage is cooked through and mushrooms are soft and their moisture has evaporated.

Turn heat down to medium. Add tomatoes and sauté a few seconds then pour in eggs and sprinkle with basil and oregano.

Stir quickly, then let cook undisturbed until the eggs begin to set. Sprinkle cheese on top and put the frittata under the broiler until the top is golden and the eggs are firm, 3-5 minutes.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**144**	
Fat	**9**	**84**	**58%**
Saturated	3	26	18%
Polyunsaturated	1	13	9%
Monounsaturated	4	34	23%
Carbohydrate	**4**	**14**	**10%**
Dietary Fiber	1		
Protein	**12**	**47**	**32%**

SPAGHETTI SQUASH OMELET

Time in the Kitchen: 15 minutes

Servings: 2

½ spaghetti squash

4 eggs

pat of butter or a few tablespoons olive oil

salt and pepper to taste

I'm not saying you should try to sneak healthy ingredients into dishes you feed your family without telling them, but if you wanted to try, this would be a great recipe to start with. The spaghetti squash added to the omelet makes the texture fluffier and moister than an all-egg omelet, but other than adding a little sweetness, has surprisingly little affect on the flavor. You can eat this omelet with a little butter on top, or stuff it with any fillings you'd use for a regular omelet.

Once the spaghetti squash is cut in half, scoop out the seeds and stringy pulp. Microwave 8 minutes. Use a fork to loosen the squash from the skin and scrape the strands of squash into a bowl.

Whisk the eggs, then mix them together with the spaghetti squash. If you like, add a little salt and pepper.

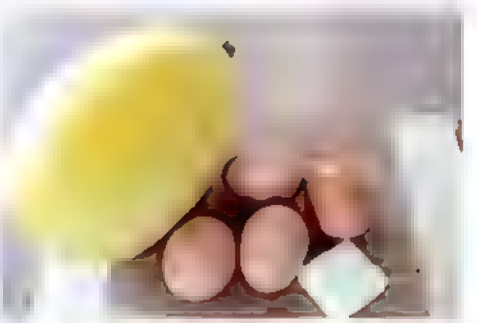
In a 10-inch pan over medium heat, warm butter or olive oil. The omelet will brown easily, so make sure to keep the heat on medium. Add half of the whisked eggs to the pan and quickly spread it out evenly. Let cook for one minute, only disturbing the omelet to lift the edges gently with a spatula and give the pan a shake to make sure the egg isn't sticking.

If you're adding fillings, add them now to the middle of the omelet. Put a lid on the pan and cook 1-2 minutes more.

Use a spatula to gently fold the omelet in half. Slide out of the pan. Pour remaining eggs in the skillet and repeat the steps to make the second omelet.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**227**	
Fat	**15**	**131**	**58%**
Saturated	5	45	20%
Polyunsaturated	2	20	9%
Monounsaturated	5	49	22%
Carbohydrate	**11**	**41**	**18%**
Dietary Fiber	2		
Protein	**13**	**55**	**24%**



PORTOBELLO MUSHROOMS STUFFED WITH EGGS AND SPINACH

Time in the Kitchen: 25 minutes

Servings: 4

4 large portobello mushrooms, stems removed

½ cup olive oil

2 cups frozen or fresh spinach

6 eggs, whisked

½–1 cup ground meat, sausage or crumbled bacon (optional)

Portobello mushrooms act as an edible bowl in this recipe, contributing both extra flavor and visual appeal to simple scrambled eggs. This is an impressive dish to serve for brunch.

Preheat oven to 425°F.

Drizzle olive oil over both sides of portobello mushrooms. Lightly salt and pepper mushrooms. Place mushrooms on a baking sheet in the oven for

15 minutes.

While mushrooms are baking, sauté spinach with a little bit of oil. Add meat or bacon (if using) and sauté until meat is cooked, then turn heat to low and add eggs. Stir eggs, cooking until they reach your desired consistency.

Remove mushrooms from the oven and fill with scrambled eggs.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**401**	
Fat	**37**	**326**	**81%**
Saturated	7	58	15%
Polyunsaturated	5	41	10%
Monounsaturated	23	207	52%
Carbohydrate	**7**	**25**	**6%**
Dietary Fiber	4		
Protein	**14**	**50**	**12%**

Quick & Easy Tip

The fastest way to wash mushrooms is by rinsing them in water, but many people worry that this will make the mushrooms soggy when cooked. Stop worrying—mushrooms are made up of mostly water anyway, so rinsing the surface with water will only have a minimal affect on the cooked texture.

BREAKFAST BURRITO

Time in the Kitchen: 25 minutes
Servings: 2 burritos

4 eggs, whites and yolks separated

½ onion, finely chopped

1-2 tomatoes, finely chopped

¼ cup canned diced green chiles

1 red pepper cut into strips

¼ cup finely chopped cilantro

¼ cup cooked meat (try sliced steak, ground beef or shredded chicken)

1 avocado, cut into wedges or small chunks

hot sauce or salsa on the side (optional)

More interesting than a regular scramble and a bit different from an omelet, this breakfast burrito can hold almost any combination of ingredients. I'm a fan of this south of the border version that makes use of whatever meat you have leftover from dinner the night before.

Whisk the egg whites.

Warm a lightly oiled 10-inch skillet. Pour half the egg whites in the pan, swirling the pan around so the whites spread thinly and evenly. After about 30 seconds, put a lid on the pan and cook 1 minute more. Use a rubber spatula to loosen and slide the egg white "tortilla" onto a plate. Repeat once more with the remaining egg whites.

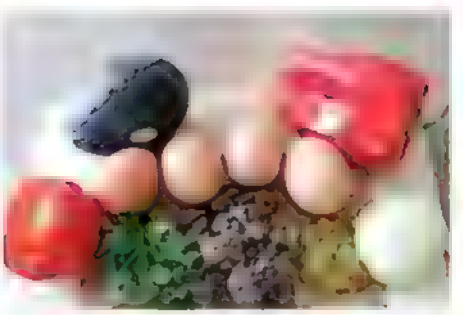
In the same pan, sauté onions with oil for one minute then add tomato, green chiles, red pepper, cilantro and meat.

Whisk egg yolks and pour into the pan, mixing into a scramble with the other ingredients.

Add avocado at the very end, then spoon half of filling onto each egg white. Roll the egg whites up into burritos and serve with hot sauce or salsa.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**524**	
Fat	**35**	**308**	**59%**
Saturated	8	74	14%
Polyunsaturated	5	44	8%
Monounsaturated	18	157	30%
Carbohydrate	**30**	**111**	**21%**
Dietary Fiber	11		
Protein	**27**	**106**	**20%**



BISON BREAKFAST PATTIES

Time in the Kitchen: 25 minutes
Servings: 12 small patties *(macronutrient profile based on serving size of 3 patties)*

1 pound ground bison

¼ onion, finely chopped

¼–½ teaspoon salt

½ teaspoon black pepper or cayenne

¼ teaspoon cinnamon

¼ teaspoon allspice

1 tablespoon finely chopped rosemary

1 tablespoon finely chopped parsley

Ground bison (or buffalo, as it's often called in stores) is a good choice for quick cooking because it's best slightly pink. The lower fat content means well-done bison will be dry, so I pan-fry these succulent breakfast patties for only 6-8 minutes. The spices and herbs in this recipe give the patties a slightly sweet flavor that's similar to store-bought breakfast sausage, only better.

Fry up a batch of these early in the week and then grab a few out of the fridge each morning for breakfast (or an afternoon snack).

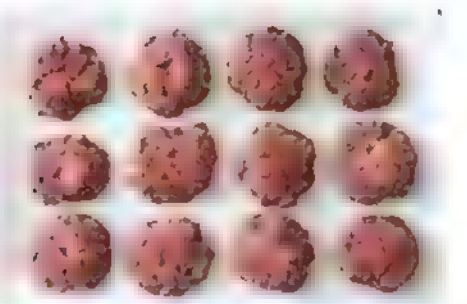
Mix together all ingredients in a bowl.

With your hands, form meat into 12 rounded patties, about ½ inch thick.

Warm a little oil in a pan over medium-high heat and cook patties about 3 minutes on the first side and slightly longer on the second side, until nicely browned and slightly pink in the middle.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**277**	
Fat	**17**	**157**	**57%**
Saturated	7	67	24%
Polyunsaturated	1	8	3%
Monounsaturated	7	61	22%
Carbohydrate	**1**	**5**	**2%**
Dietary Fiber	0		
Protein	**27**	**116**	**42%**



ESPRESSO RUBBED STEAK

Time in the Kitchen: 15 minutes

Servings: 2-4 *(macronutrient profile based on 4 servings)*

2 teaspoons ancho chili powder

2 tablespoons finely ground espresso

½ teaspoon kosher salt

¼ teaspoon ground black pepper

1 pound flank or skirt steak

This recipe is for all you coffee lovers who can't resist the aroma of espresso brewing in the morning. A rub flavored with ground espresso gives steak a deep, rich and pleasantly bitter flavor—just like a cup o' joe. Although instant espresso will work, grinding fresh beans is preferred.

Mix together the ancho chili powder, ground espresso, salt and black pepper. Rub the mixture into the steak, covering it completely. Slice the steak into thin strips.

Heat a little bit of oil in a pan over high heat and add the steak, searing for 4-6 minutes or until it reaches desired doneness.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**218**	
Fat	**10**	**86**	**39%**
Saturated	4	35	16%
Polyunsaturated	0	4	2%
Monounsaturated	4	34	15%
Carbohydrate	**1**	**2**	**1%**
Dietary Fiber	0		
Protein	**32**	**135**	**60%**

SMOKED SALMON, EGG, AND ASPARAGUS ROLL UPS

Time in the Kitchen: 20 minutes

Servings: 12 roll ups *(macronutrient profile based on serving size of 3 roll ups)*

12 asparagus spears

12 eggs

½ red onion, thinly sliced

8 ounces wild smoked salmon

You could throw all these ingredients into an omelet, but why, when these roll ups are so much more fun to eat? Kids especially love this healthy finger food for breakfast and adults love Smoked Salmon, Egg, and Asparagus Roll Ups as an appetizer.

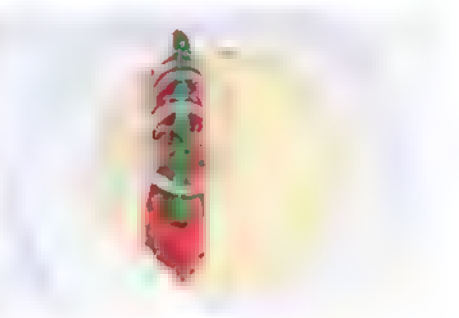
Slice or snap off the bottom 2-4 inches of the asparagus spears. In boiling water or in the microwave, cook asparagus 3-5 minutes until it softens but is still fairly firm.

Whisk the eggs. Warm a 10-inch or smaller skillet with a little oil or butter in it and pour 2-3 tablespoons of egg in, swirling the skillet around to evenly spread the egg into a very thin layer. Let the egg cook about 1 minute until firm, then slide out of the pan. Repeat until eggs are gone.

Lay an egg "crepe" on a flat surface. On one end of the crepe, layer salmon with an asparagus spear and slices of onion. Roll the crepe up. Repeat with remaining crepes and asparagus spears.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**334**	
Fat	**21**	**188**	**56%**
Saturated	6	54	16%
Polyunsaturated	4	32	10%
Monounsaturated	8	76	23%
Carbohydrate	**5**	**20**	**6%**
Dietary Fiber	1		
Protein	**30**	**127**	**38%**



STEAK WITH ROMESCO SAUCE

Time in the Kitchen: 15 minutes
Servings: 2

½ pound skirt steak, or other cut of steak

1 cup cherry tomatoes

¼ cup almonds, whole or sliced

2 garlic cloves

1 roasted red pepper

¼ cup olive oil

1 tablespoon sherry vinegar

¼ teaspoon red pepper flakes

Romesco is a Spanish sauce made from tomatoes, red peppers, garlic and almonds. Nutritious and flavorful, it can be served with any type of meat or

seafood. It also tastes great with eggs, so don't hesitate to scramble a few up to serve alongside the steak.

Roasted red peppers are sold in grocery stores and save time, but you can also roast your own. Simply blacken the red pepper under a broiler or over an open flame, let the pepper cool, then remove the burnt skin under running water.

Skirt steak is usually thin enough that it will cook quickly, so you don't necessarily need to slice it before cooking. If you're using a thicker cut of steak, however, speed up the cooking time by slicing it thinly and then cooking it.

Heat a skillet over medium-high heat. Lightly salt and pepper the steak. Place it on one side of the pan and the tomatoes, almonds, and garlic cloves on the other side.

Stir the tomatoes, almonds and garlic a few times, so they brown evenly. After 3 minutes, flip the steak. Cook 2 minutes more and scoop the tomatoes, garlic and almonds into a food processor or blender. Keep the steak in the pan and continue to cook until done (thinly sliced steak will only need a few minutes more).

Add the roasted red pepper, olive oil, sherry vinegar and red pepper flakes to the food processor or blender and pulse until smooth.

Serve the Romesco sauce drizzled over the steak.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**632**	
Fat	**50**	**440**	**70%**
Saturated	10	87	14%
Polyunsaturated	6	49	8%
Monounsaturated	32	284	45%
Carbohydrate	**13**	**48**	**8%**
Dietary Fiber	4		
Protein	**35**	**144**	**23%**

BACON AND EGG SALAD

Time in the Kitchen: 15 minutes

Servings: 2-4 *(macronutrient profile based on 4 servings)*

1 small head frisée

1_3 small head romaine

½-½ pound bacon or pancetta, cut into small pieces

1 shallot, finely chopped

3 tablespoons sherry vinegar

1 tablespoon mustard

2-4 eggs

The flavor elements in this traditional French salad, often called Salad Lyonnaise, come together in this perfect breakfast salad. Frisée is the

traditional green used, but if you find it to be too “weedy", substitute fresh spinach or arugula.

Tear the heads of frisée and romaine into bite-sized pieces and toss in a bowl.

Sauté the bacon until crisp. Keeping the heat on medium, add the shallot. Sauté a few minutes then add vinegar and mustard. Stir as it boils for about 20 seconds then remove from the heat and pour over the greens.

The salad can be served with either poached or fried eggs. To fry, simply heat oil or butter in a pan and cook eggs until they reach desired doneness. To poach, bring a small pot of water to a gentle boil. Crack an egg in a bowl or cup, then slide it carefully into the water. Let the egg cook for several minutes until the egg white is hard and the yolk is cloudy.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**422**	
Fat	**29**	**265**	**63%**
Saturated	9	85	20%
Polyunsaturated	4	32	8%
Monounsaturated	13	113	27%
Carbohydrate	**9**	**34**	**8%**
Dietary Fiber	4		
Protein	**30**	**122**	**29%**

TURNIP HASH BROWNS

Time in the Kitchen: 25 minutes
Servings: 2

2 cups peeled and grated turnip (1 large turnip, or two small)

2-4 scallions, thinly sliced

3 tablespoons butter

Turnips have a texture much like potatoes and a very mild, slightly sweet flavor. They don't get quite get as brown and crispy as potato hash browns do, but they're just as delicious.

For protein, scramble an egg in with the hash browns. For variation, try making these hash browns with daikon radish and a drizzle of tamari.

Wrap grated turnip in a thin dishtowel and wring out as much excess liquid as possible.

In a skillet over medium heat, melt butter then add the turnip and scallions, mixing well to coat the turnip with butter. Cook 10-15 minutes until turnip is nicely browned, stirring only occasionally.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**196**	
Fat	**17**	**154**	**78%**
Saturated	11	97	49%
Polyunsaturated	1	7	3%
Monounsaturated	5	40	20%
Carbohydrate	**10**	**38**	**19%**
Dietary Fiber	4		
Protein	**2**	**5**	**3%**

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**196**	
Fat	**17**	**154**	**78%**
Saturated	11	97	49%
Polyunsaturated	1	7	3%
Monounsaturated	5	40	20%
Carbohydrate	**10**	**38**	**19%**
Dietary Fiber	4		
Protein	**2**	**5**	**3%**

BACON SOUFFLÉ FRITTATA

Time in the Kitchen: 25 minutes
Servings: 4

2 tablespoons butter

6 eggs, separated into whites and yolks

8-10 strips of bacon

This breakfast dish manages to be light, fluffy, rich, and filling all at the same time. It's good hot or cold, so don't hesitate to make the soufflé frittata at night so the next morning you can eat a slice as a quick breakfast-to-go.

Preheat oven to 350°F.

Melt two tablespoons of butter and set it aside to cool.

In a 12-inch skillet, fry the bacon until it reaches desired doneness. Remove bacon from pan (leave remaining fat in the pan) and crumble the bacon into pieces.

While the bacon is frying, use an electric mixer to beat the egg whites until stiff peaks form.

In a separate bowl, whisk together the egg yolks and melted butter by hand.

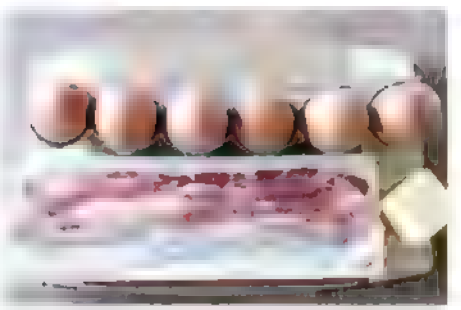
Gently fold egg yolks and bacon pieces into the egg whites.

Warm the skillet with bacon fat over medium heat and pour the batter in evenly. Let cook untouched for two minutes, then move the pan into the oven and bake for 15 minutes.

Remove from oven and loosen from pan with a rubber spatula.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**284**	
Fat	**23**	**209**	**73%**
Saturated	9	81	29%
Polyunsaturated	3	23	8%
Monounsaturated	9	79	28%
Carbohydrate	**1**	**5**	**2%**
Dietary Fiber	0		
Protein	**17**	**71**	**25%**



PORK AND RADISH HASH

Time in the Kitchen: 20 minutes

Servings: 2

2 tablespoons butter, bacon fat or olive oil

½ white or yellow onion, finely chopped

1 large bunch of radishes (about 10 radishes), chopped into small pieces

2-3 cups cooked pork, cut into small pieces

½ cup beef or chicken stock

¼ cup parsley, finely chopped salt and pepper to taste

If you have some leftover pork in the fridge, then this is the breakfast dish for you (hint: it's especially good with pork that's been seasoned with the ***Fennel and Lemon Rub*** (page 215). Don't waste time making sure the radishes and pork are perfectly diced—hash is not about perfection; it's meant to be a deliciously messy dish.

Melt the fat in a skillet over medium heat and add onion and radishes. Sauté five minutes.

Add pork and stock. Simmer five more minutes until liquid is evaporated. Garnish with parsley.

Add salt and pepper to taste.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**547**	
Fat	**31**	**279**	**51%**
Saturated	14	129	24%
Polyunsaturated	2	19	3%
Monounsaturated	12	106	19%
Carbohydrate	**4**	**15**	**3%**
Dietary Fiber	1		
Protein	**59**	**252**	**46%**

SAVORY SMOOTHIE

Time in the Kitchen: 5 minutes
Servings: 1

1 tomato

1 handful of greens (try watercress, spinach or kale)

½ avocado

1 teaspoon hot sauce or more to taste

a few ice cubes

This smoothie is like a salad in a glass. For those mornings when you don't have time to sit down and eat, blend everything together and away you go!

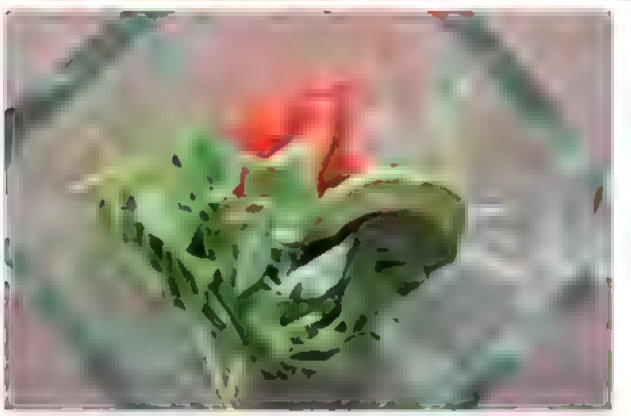
Mix everything in a blender until smooth.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**190**	
Fat	**15**	**126**	**67%**
Saturated	2	18	10%
Polyunsaturated	2	17	9%
Monounsaturated	10	83	44%
Carbohydrate	**15**	**52**	**27%**
Dietary Fiber	9		
Protein	**4**	**11**	**6%**

Quick & Easy Tip

Saving half an avocado for later? To keep the beautiful green color from turning an unappetizing brown, take out the pit and rub olive oil on the surface, then pour a little oil in a bowl. Set the avocado face down in the bowl and refrigerate.



ARUGULA AND BLUEBERRY SALAD WITH RASPBERRY VINAIGRETTE

JICAMA FRUIT SALAD

ORANGE OLIVE CHICKEN

TROPICAL AVOCADO AND SHRIMP

CRANBERRY TUNA SALAD

SESAME WHITE FISH SALAD

JALAPEÑO EGG SALAD

KALE SALAD WITH AVOCADO AND HAZELNUTS

BROCCOLI WITH ALMOND DRESSING

CREAMY BASIL PESTO COLESLAW

EGGPLANT AND FENNEL SALAD

TAHINI CHICKEN SALAD

CHIMICHURRI STEAK SALAD

ZESTY STEAK SALAD

GRILLED TACO SALAD

GREEK SALAD WITH LAMB

PORK AND SHIITAKE LETTUCE CUPS

DILL AND CAPER SALMON BURGERS

BLTA CHICKEN BREAST SANDWICH

CHICKEN EGG DROP SOUP

SPINACH COCONUT MILK SOUP WITH CURRIED SHRIMP

LUNCH

ARUGULA AND BLUEBERRY SALAD WITH RASPBERRY VINAIGRETTE

Time in the Kitchen: 15 minutes
Servings: 2

1 cup blueberries

4 handfuls of arugula

1 cup walnuts

1-2 avocados, cut into chunks

¼ cup walnut oil

1 tablespoon white wine vinegar

1 tablespoon honey

¼ cup raspberries

salt to taste

Yes, this salad is bursting with healthy antioxidants and omega oils, but it's also bursting with flavor. Peppery arugula, sweet, tart berries, creamy avocado and savory walnuts are a magical combination. The raspberry vinaigrette is amazing when made with walnut oil, but olive oil can be substituted if desired.

In a large bowl, mix together blueberries, arugula, walnuts and avocado.

In a blender, combine walnut oil, vinegar, honey and raspberries until well-blended and smooth. Add salt to taste.

Drizzle raspberry dressing over salad, toss and serve.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**967**	
Fat	**89**	**759**	**78%**
Saturated	9	80	8%
Polyunsaturated	49	415	43%
Monounsaturated	26	224	23%
Carbohydrate	**44**	**162**	**17%**
Dietary Fiber	18		
Protein	**14**	**47**	**5%**

Quick & Easy Tip:

To quickly remove bacteria from berries, rinse them in a bowl of three parts water and one part distilled white wine vinegar. To quickly and thoroughly wash hard fruits, keep a spray bottle filled with the same solution in the kitchen. Just spray the fruit with the solution, then rinse with water.

JICAMA FRUIT SALAD

Time in the Kitchen: 15 minutes
Servings: 3-4 *(macronutrient profile based on 4 servings)*

1 jicama, peeled* and cut into sticks or cubes

1 cucumber, sliced

1 cup raspberries

1 cup pineapple (optional) juice of 1 lemon or lime

1 teaspoon ancho chili powder (less spicy) or cayenne pepper (more spicy)

a pinch of salt

* The peel of jicama can be thick and woody and is often easier to remove with a paring knife rather than a vegetable peeler.

In Los Angeles, outdoor stands selling freshly cut fruit salad with chili powder and lime are easy to find. My Mexican fruit salad takes its inspiration from this refreshing and healthy snack, but I throw in some

raspberries for an added boost of antioxidants. The lemon or lime, chili pepper and just a pinch of salt really make the flavors pop.

Simply combine all ingredients in a large bowl and serve. This salad tastes best when it's cold, so consider refrigerating the ingredients beforehand.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		90	
Fat	1	5	5%
Saturated	0	1	1%
Polyunsaturated	0	2	2%
Monounsaturated	0	1	0%
Carbohydrate	21	80	88%
Dietary Fiber	11		
Protein	2	6	7%

ORANGE OLIVE CHICKEN

Time in the Kitchen: 20 minutes
Servings: 4

2 teaspoons paprika

2 minced garlic cloves

4 tablespoons olive oil

2 tablespoons sherry vinegar

1-1½ pounds chicken breast, cut into 1-inch cubes

1 orange

¼ cup finely chopped parsley

½ cup pitted black olives (try Moroccan oil-cured or Greek Kalamata)

¼ teaspoon red pepper flakes

If oranges and olives sound like a strange combination, know that Moroccan cuisine has celebrated the pairing for centuries. When you try this salad, you'll know why—it's a case of wildly different flavors coming together in perfect harmony.

The idea for this salad was inspired by a Spicy Orange Salad recipe published by the New York Times. I add chicken for a protein boost that turns the salad into a full meal. You really only need one orange to add the necessary citrus flavor to this salad, so make sure to choose one that's as flavorful as possible. Valencia oranges are especiallyjuicy in summer months, and Cara Cara are a good choice in winter and spring.

Whisk together paprika, garlic, olive oil and vinegar.

Lightly salt the chicken. Pour half of the vinaigrette over the chicken. Cook the chicken under a broiler on high for 10-12 minutes until done.

While the chicken is cooking, peel the orange, trimming away as much white pulp as possible. Cut each orange wedge in half or into thirds.

In a serving bowl, combine the orange pieces, parsley, olives and red pepper flakes. Add the cooked chicken and drizzle remaining vinaigrette on top. Toss gently to blend. Serve cold or at room temperature.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**440**	
Fat	**22**	**191**	**44%**
Saturated	4	34	8%
Polyunsaturated	3	27	6%
Monounsaturated	13	118	27%
Carbohydrate	**6**	**21**	**5%**
Dietary Fiber	2		
Protein	**53**	**226**	**52%**

TROPICAL AVOCADO AND SHRIMP

Time in the Kitchen: 25 minutes
Servings: 4

½ ripe mango, peeled and cut into chunks

1 jalapeño pepper, seeds and membrane removed

¼ cup fresh lime juice (about 2 limes)

¼ cup plus 1 tablespoon olive oil

¼ teaspoon salt

1 pound uncooked shrimp, peeled and de-veined

1 teaspoon cumin

2 avocados, cut into small chunks

6 radishes, thinly sliced

½ red onion, thinly sliced

¼ cup finely chopped cilantro

This light and refreshing salad will whisk your taste buds away to a tropical island. Mango and shrimp pair especially well together, and the radish and jalapeño contribute just enough spiciness to balance out the sweetness of the fruit.

In a food processor or blender, purée mango, jalapeño, lime juice, olive oil and salt. Set aside in the refrigerator.

Sprinkle the shrimp with cumin, then sauté, broil or grill for about 5 minutes until cooked.

In a large bowl, combine shrimp, avocado, radish, red onion and cilantro. Toss with dressing and serving chilled or at room temperature.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**376**	
Fat	**21**	**178**	**47%**
Saturated	3	27	7%
Polyunsaturated	3	28	7%
Monounsaturated	13	109	29%
Carbohydrate	**18**	**63**	**17%**
Dietary Fiber	8		
Protein	**32**	**135**	**36%**

CRANBERRY TUNA SALAD

Time in the Kitchen: 10 minutes
Servings: 2

12 ounces of canned tuna

2 celery stalks, finely chopped

¼ cup finely chopped red onion

¼ cup mayonnaise, or more to taste

½ cup dried cranberries

This unusually delicious combination of tuna and tart, sweet dried cranberries takes plain old tuna salad to a new level. It's an easy lunch to pack up for work—simply eat it with a spoon or toss the tuna with mixed greens. Potentially elevated mercury levels have turned canned tuna into an occasional meal, not something I'd eat every week. However, it's a convenient protein-rich meal that can be enjoyed on occasion.

Simply mix ingredients together in a bowl.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**487**	
Fat	**23**	**207**	**42%**
Saturated	4	33	7%
Polyunsaturated	13	111	23%
Monounsaturated	6	51	10%
Carbohydrate	**27**	**98**	**20%**
Dietary Fiber	3		
Protein	**43**	**183**	**37%**

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**487**	
Fat	**23**	**207**	**42%**
Saturated	4	33	7%
Polyunsaturated	13	111	23%
Monounsaturated	6	51	10%
Carbohydrate	**27**	**98**	**20%**
Dietary Fiber	3		
Protein	**43**	**183**	**37%**

SESAME WHITE FISH SALAD

Time in the Kitchen: 15 minutes
Servings: 2-4 *(macronutrient profile based on 4 servings)*

1 pound cod, or other white fish

4 tablespoons sesame oil for the dressing, plus a few tablespoons more to cook the fish

4 tablespoons mayonnaise

1 tablespoon rice wine vinegar

1 tablespoon sesame seeds, lightly toasted in a pan

½ cup chopped green onion

Cod and other types of white fish, like catfish and halibut, are a tasty alternative when tuna salad gets boring. This particular recipe gives cod a bit of Asian flavor and is delicious served over greens or wrapped in lettuce leaves. Feel free to embellish this white fish salad with avocado—you won't be sorry.

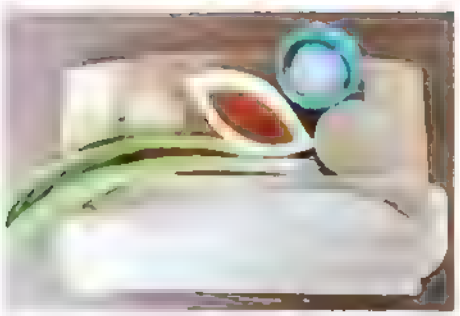
To cook the fish, drizzle with a few tablespoons of sesame oil and sprinkle with salt. Broil on high for five minutes on each side.

Flake the fish into pieces, then put in the refrigerator to chill while you make the dressing.

Mix together 4 tablespoons of sesame oil, mayonnaise and vinegar. Drizzle over fish then add sesame seeds and onions. Stir well to coat fish.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**423**	
Fat	**34**	**299**	**71%**
Saturated	5	43	10%
Polyunsaturated	16	137	32%
Monounsaturated	12	102	24%
Carbohydrate	**2**	**9**	**2%**
Dietary Fiber	1		
Protein	**27**	**115**	**27%**



JALAPEÑO EGG SALAD

Time in the Kitchen: 25 minutes
Servings: 2

6 eggs

1 tablespoon finely chopped chives

1 jalapeño pepper, seeds removed, finely chopped

¼ cup mayonnaise

1 tablespoon lemon juice, or more to taste

For Homemade Mayonnaise:

2 egg yolks

1 teaspoon mustard

1 tablespoon lemon juice, or more to taste

1 cup oil

salt to taste

Slightly spicy jalapeño pepper and bright, tart lemon juice add a lot of flavor to egg salad. Sliced into tiny pieces, the jalapeño's flavor is subtle. Sliced into larger rings, the pepper leaves more of an impression on the palate.

To make recipes like this easy to whip up, it helps to regularly make condiments like homemade mayonnaise so they're always on hand.

Place eggs in a small pot with enough cold water to cover the eggs completely. Bring to a boil over high heat. As soon as the water begins to boil, turn off the heat and cover the pot. Let sit for 10 minutes, then transfer eggs to a bowl filled with ice cubes and water. Chill eggs for five minutes or so, then peel.

If you don't have any homemade mayonnaise on hand, make a batch while the eggs cook.

Chop the eggs into small pieces. Combine in a bowl with the remaining ingredients.

To make Homemade Mayonnaise:

Whisk together egg yolks, mustard and lemon juice. Add oil slowly, continually whisking as you drizzle it in. Whisk until the mayo has a thick consistency. Season with salt. Homemade mayonnaise will keep for several days in the refrigerator.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**434**	
Fat	**37**	**335**	**77%**
Saturated	8	73	17%
Polyunsaturated	14	123	29%
Monounsaturated	12	103	24%
Carbohydrate	**4**	**14**	**3%**
Dietary Fiber	0		
Protein	**19**	**84**	**19%**

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**434**	
Fat	**37**	**335**	**77%**
Saturated	8	73	17%
Polyunsaturated	14	123	29%
Monounsaturated	12	103	24%
Carbohydrate	**4**	**14**	**3%**
Dietary Fiber	0		
Protein	**19**	**84**	**19%**

KALE SALAD WITH AVOCADO AND HAZELNUTS

Time in the Kitchen: 15 minutes

Servings: 2-3 *(macronutrient profile based on 3 servings)*

juice from half an orange (about ¼ cup)

juice from half a lemon (about 2 tablespoons)

½ cup hazelnut oil

1 bunch kale

2 avocados, peeled and cut into chunks

½ cup hazelnuts, roughly chopped

salt and pepper to taste

Incredibly healthy and incredibly tasty; that's what I call the perfect lunch. Dark, leafy greens like kale are considered one of the most nutrient-dense foods available, so fill up your salad bowl and add plenty of avocado and nuts for healthy fat and protein.

Hazelnut oil adds an extra-nutty flavor to this salad, but olive oil can be used as well.

Whisk together juices and oil in a bowl.

Remove the tough and chewy middle stem from each kale leaf by cutting it out with a knife, then thinly slice the kale leaves.

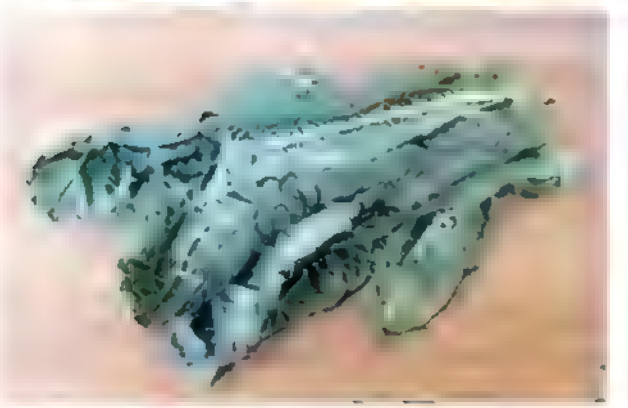
Toss kale with avocado and dressing and season to taste with salt and pepper. Sprinkle hazelnuts on top.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**561**	
Fat	**50**	**428**	**76%**
Saturated	5	44	8%
Polyunsaturated	6	52	9%
Monounsaturated	36	309	55%
Carbohydrate	**29**	**105**	**19%**
Dietary Fiber	13		
Protein	**9**	**27**	**5%**

Quick & Easy Tip:

Sometimes it's hard to get to the greens you've stored in the refrigerator before they wilt. Don't throw the greens out! Instead, revive them with a quick soak in ice water.



BROCCOLI WITH ALMOND DRESSING

Time in the Kitchen: 10 minutes

Servings: 2-4 *(macronutrient profile based on 4 servings)*

1 head of broccoli

1 tablespoon rice wine vinegar

2 tablespoons tahini

3 tablespoons almond butter

½ tablespoon honey

1 tablespoon sesame oil

2 tablespoons tamari

½ teaspoon chili oil or red pepper flakes (or more to taste)

This simple combination of broccoli smothered in an Asian almond dressing has enough richness and flavor to stand alone, but if you want to turn it into a complete meal, throw in some cooked steak or chicken. In fact, if you're out of broccoli, this dressing makes a great dip for beef or chicken skewers off the grill.

Cut the broccoli into florets. Microwave (about three minutes) or steam broccoli until it reaches desired tenderness.

Mix remaining ingredients together until they form a smooth dressing. Pour over broccoli and stir to cover. Serve warm or cold.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**198**	
Fat	**15**	**127**	**64%**
Saturated	2	15	8%
Polyunsaturated	5	41	21%
Monounsaturated	8	64	32%
Carbohydrate	**14**	**51**	**26%**
Dietary Fiber	4		
Protein	**6**	**20**	**10%**

Quick & Easy Tip

Some of the ingredients for this recipe, like the tamari, almond butter and sesame oil, also come in handy when making *Chicken with Almond Coconut Dipping Sauce* (page 175).

CREAMY BASIL PESTO COLESLAW

Time in the Kitchen: 10 minutes
Servings: 2-4 *(macronutrient profile based on 4 servings)*

½ cup walnuts (or pine nuts)

2 garlic cloves

¼ cup coconut milk

4 cups loosely packed basil leaves

¼ cup olive oil

sea salt to taste

4 cups shredded cabbage (roughly half a head of cabbage)

¼ cup rice wine vinegar

Coleslaw is generally served as a side dish, so plan on serving this with some sort of protein. I've served it with seafood, steak, chicken and pork and all have been winners. If you're not in the mood for coleslaw, then just make the pesto; it's good enough to eat with a spoon. The coconut milk adds the creaminess that cheese usually does, but doesn't add a strong coconut flavor.

Blend walnuts, garlic and coconut milk in a food processor until smooth. Add basil leaves and pulse several times to begin chopping up the leaves, then with the blade running, pour in olive oil. Continue to process until the basil leaves are blended in. Add salt to taste.

Combine pesto and cabbage, stirring well. Drizzle half of the rice wine vinegar over the cabbage and continue to mix; add remaining rice wine vinegar to taste.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		335	
Fat	**28**	**243**	**73%**
Saturated	6	52	16%
Polyunsaturated	9	80	24%
Monounsaturated	12	101	31%
Carbohydrate	**17**	**62**	**19%**
Dietary Fiber	12		
Protein	**9**	**26**	**8%**

EGGPLANT AND FENNEL SALAD

Time in the Kitchen: 20 minutes
Servings: 2

1 large eggplant

1 fennel bulb, very thinly sliced (use a mandoline to slice if you have one)

¼ cup olive oil

2 tablespoons sherry vinegar

1-2 garlic cloves, finely chopped

¼ teaspoon paprika

½ teaspoon salt

¼ cup finely chopped parsley

1-2 green onions

Few people know that eggplant cooks incredibly well in the microwave. The texture is less oily and mushy than eggplant cooked on the stove and it only takes 6 minutes from start to finish. This salad has fantastic flavor and can be a meal in itself, although it pairs especially well with the ***Tahini Chicken Salad*** (page 73).

Cut the eggplant in half lengthwise, then cut each half lengthwise into fourths.

Place on a plate and cover (another plate works well for this) then microwave 6 minutes, until eggplant is soft and easy to pierce with a fork. Slice the eggplant into bite-sized pieces and combine in a bowl with fennel.

In a small bowl, whisk together olive oil, vinegar, garlic, paprika and salt. Pour over eggplant. Add parsley and green onions to the bowl. Mix well.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**386**	
Fat	**28**	**248**	**65%**
Saturated	4	35	9%
Polyunsaturated	3	29	8%
Monounsaturated	20	176	46%
Carbohydrate	**34**	**124**	**32%**
Dietary Fiber	11		
Protein	**4**	**12**	**3%**

TAHINI CHICKEN SALAD

Time in the Kitchen: 20 minutes
Servings: 4

2 pounds chicken, cut into 1-inch cubes

5 tablespoons olive oil 2 tablespoons tahini

2 tablespoons sherry vinegar

3 carrots, grated

6 radishes, sliced

½ cup roughly chopped parsley sesame seeds for garnish

When you're tired of chicken salad with mayonnaise, this creamy dressing made from tahini is a welcome change. Tahini is simply a paste made from sesame seeds that is often used in Middle Eastern cooking. It can be found in most grocery stores and gives this salad a rich, nutty flavor.

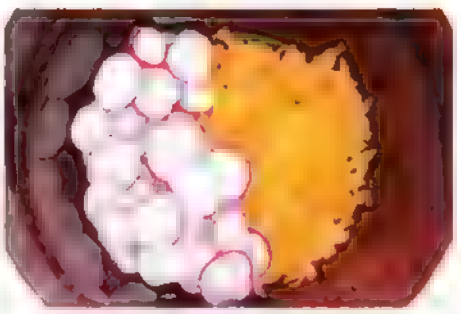
Season the chicken lightly with salt and pepper and mix with 2 tablespoons of olive oil. Turn the oven broiler to high and cook chicken for 10 minutes, stirring once or twice. Let cool slightly.

Whisk together the remaining olive oil, tahini and vinegar.

In a large bowl, mix chicken with carrots, radish and parsley. Drizzle dressing on top and mix well. Garnish with sesame seeds. Serve at room temperature or chilled.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**645**	
Fat	**38**	**335**	**52%**
Saturated	8	67	10%
Polyunsaturated	7	65	10%
Monounsaturated	20	176	27%
Carbohydrate	**7**	**26**	**4%**
Dietary Fiber	2		
Protein	**67**	**284**	**44%**



CHIMICHURRI STEAK SALAD

Time in the Kitchen: 20 minutes

Servings: 3

¾ cup olive oil

¼ cup sherry vinegar or red wine vinegar

2 garlic cloves, peeled

¼ teaspoon red pepper flakes

1 tablespoon dried oregano leaves or ¼ cup fresh oregano leaves

1 large bunch fresh Italian parsley, bottom part of stems cut off

1 pound flank steak

3 large handfuls of salad greens

Chimichurri is an herb sauce that's especially popular in Argentina, a country known for serving amazing steak. Drizzled over steak and salad

greens, the sauce becomes more of a dressing, which is only one of many uses you'll find for chimichurri. The piquant, lively flavors perk up everything from seafood to chicken and roasted vegetables.

Heat grill to medium-high.

Combine the first five ingredients in a blender, then add parsley in small handfuls. Use a rubber spatula, spoon or butter knife to loosen and stir the leaves between blending them. Eventually, the sauce will be easier to blend; continue blending until it is smooth. Add a pinch of salt if needed.

Lightly salt and pepper the steak. Grill for six minutes on each side for medium-rare. Let sit 5 minutes before slicing steak and mixing it with salad greens. Serve chimichurri sauce drizzled over the salad.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**794**	
Fat	**67**	**594**	**75%**
Saturated	13	113	14%
Polyunsaturated	6	56	7%
Monounsaturated	45	395	50%
Carbohydrate	**6**	**20**	**2%**
Dietary Fiber	3		
Protein	**44**	**183**	**23%**

Quick & Easy Tip

To quickly dry washed herbs, throw them into a salad spinner and give them a whirl.

ZESTY STEAK SALAD

Time in the Kitchen: 20 minutes
Servings: 4

1 head romaine lettuce, sliced thinly or broken into bite-sized leaves

1 small red onion, thinly sliced

2 jalapeño peppers, cut in half and seeded, then thinly sliced

¼ cup plus 1 tablespoon extra virgin olive oil

2 tablespoons Dijon mustard

1 tablespoon red wine vinegar

1 pound flank steak, skirt steak, or top round sirloin steak

salt and pepper to taste

This is a simple steak salad, but one you will love. Jalapeño pepper adds just a hint of spice, and combined with the red onion gives the salad a zippy

flavor and crunchy texture.

Combine lettuce, onion and pepper in a large bowl.

Whisk together ¼ cup olive oil, 1 tablespoon mustard and the red wine vinegar. Drizzle over lettuce, onion and pepper.

Smear 1 tablespoon of mustard and 1 tablespoon of olive oil over both sides of the steak. Salt the steak lightly and sear in a pan over very high heat, or grill on high. It should only take a few minutes on each side. Remove from heat and slice thinly. Combine with lettuce. Add salt and pepper to taste.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**404**	
Fat	**27**	**240**	**59%**
Saturated	6	56	14%
Polyunsaturated	3	22	5%
Monounsaturated	16	145	35%
Carbohydrate	**8**	**28**	**7%**
Dietary Fiber	4		
Protein	**34**	**141**	**34%**

Quick & Easy Tip

If you have leftover steak from this meal, use it the next morning in a ***Breakfast Burrito*** (page 29).

GRILLED TACO SALAD

Time in the Kitchen: 30 minutes
Servings: 3

2 hearts of romaine, quartered lengthwise

2 tomatoes, cut into chunks

1 red or white onion, cut into chunks

1 green pepper, cut into chunks

2 avocados (not overly ripe), peeled, pitted and cut in half

2 tablespoons of oil, plus more for coating vegetables

1 pound skirt steak

½ teaspoon cumin

¼ teaspoon paprika

¼ teaspoon chili powder

¼ teaspoon salt

If you're really in a hurry you can simply grill the steak and throw the rest of these ingredients into a bowl raw, but taking a little extra time to grill everything creates a unique meal. Romaine and avocado take on a subtle smoky flavor when grilled and are worth trying if you've only ever eaten them raw.

Heat the grill to medium-high heat.

Drizzle oil over the romaine hearts and vegetables, giving them a light but thorough coating. The tomato, onion, pepper and avocado can be cooked in a grilling basket or put on skewers. If skewering, put only one type of vegetable on each skewer so you can remove the skewers from the grill as each item finishes cooking (for example, you'll want to remove the avocado and tomato skewers from the grill before the onion and green pepper).

Mix 2 tablespoons of oil with the spices and salt and thoroughly coat skirt steak.

Put the skirt steak on the grill and spread the vegetable skewers and romaine evenly around it. Close the lid and grill for 3 minutes, then flip the skirt steak and romaine quarters and turn the skewers.

Close the lid for another three minutes, then remove the steak (for rare) or grill another 2-3 minutes for medium. The avocado, tomatoes and romaine can also be removed after a total of 6-8 minutes on the grill. The onion and peppers can stay on longer, until they are lightly charred.

Slice the steak thinly and cut the romaine into bite-sized chunks. Toss with avocado, tomato and onions. Add salt to taste and garnish with a wedge of lime and chopped cilantro. Serve immediately.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**737**	
Fat	**49**	**422**	**57%**
Saturated	11	100	14%
Polyunsaturated	5	41	6%
Monounsaturated	29	252	34%
Carbohydrate	**34**	**123**	**17%**
Dietary Fiber	20		
Protein	**49**	**194**	**26%**

GREEK SALAD WITH LAMB

Time in the Kitchen: 20 minutes
Servings: 3

1 pound ground lamb

½ cup finely chopped Greek herbs such as dill, mint, oregano, parsley

salt to taste

2 hearts of romaine lettuce, finely chopped

1-2 tomatoes, chopped

1 large or 2-4 small cucumbers, chopped

1 cup pitted Kalamata or other Greek olives

¼ cup lemon juice

½ cup olive oil

A traditional Greek salad includes cucumbers, peppers, olives, tomatoes and fresh herbs, but I can't think of a good reason not to add meat, too. What better meat to add to a Greek-inspired dish than lamb? Ground lamb turns this light salad into a substantial meal.

Sauté ground lamb with herbs for 6-8 minutes, or until cooked through. Add salt to taste.

Combine meat with lettuce, tomato, cucumber and olives.

Whisk together lemon juice and olive oil. Drizzle on top of salad.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**911**	
Fat	**72**	**641**	**70%**
Saturated	18	161	18%
Polyunsaturated	7	62	7%
Monounsaturated	43	376	41%
Carbohydrate	**26**	**92**	**10%**
Dietary Fiber	13		
Protein	**45**	**179**	**20%**

PORK AND SHIITAKE LETTUCE CUPS

Time in the Kitchen: 20 minutes

Servings: 2-4 *(macronutrient profile based on 4 servings)*

3 large shiitake mushrooms, thinly sliced

1 pound ground pork 3 scallions, chopped

2 tablespoons tamari

2_3 tablespoons fish sauce

¼ cup roughly chopped fresh mint

1 head of iceberg or romaine lettuce

juice of 1 lime, plus wedges for garnish

So much flavor with so few ingredients...that's what I love about this quick lunch (which also makes a great appetizer). This recipe is a simplified version of a Thai salad called Larb, often served with ground chicken or

beef. Whichever type of meat you choose, just don't forget the fresh lime at the end; it heightens the flavor of each bite.

Sauté mushrooms for several minutes, then add pork. When pork is almost cooked through, add scallions, tamari and fish sauce.

Sauté until pork is done. Add mint. Scoop into iceberg lettuce leaves and serve with wedges of lime.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**378**	
Fat	**24**	**216**	**57%**
Saturated	9	80	21%
Polyunsaturated	2	21	6%
Monounsaturated	11	95	25%
Carbohydrate	**8**	**28**	**7%**
Dietary Fiber	3		
Protein	**33**	**135**	**36%**

Quick & Easy Tip

If you're trying to cut back on salt, the easiest way to heighten the flavor in a dish is with a squirt of acidity. Lemon, lime or vinegar will make flavor come alive—this recipe is a perfect example!

DILL AND CAPER SALMON BURGERS

Time in the Kitchen: 30 minutes
Servings: 4

1½ pounds skinless, boneless wild salmon

2 teaspoons Dijon mustard

2 tablespoons dill, finely chopped

1 tablespoon capers, drained

1 jalapeño pepper, seeds and white veins removed, finely chopped

2 tablespoons finely chopped red onion

¼ teaspoon salt

lemon, cut into wedges, for garnish

You'll have no trouble forming these flavorful salmon burgers into patties without needless fillers like breadcrumbs or egg. Once you master this

version, be creative with how you flavor the salmon burgers. Try scallions, ginger and tamari, or black olives and basil.

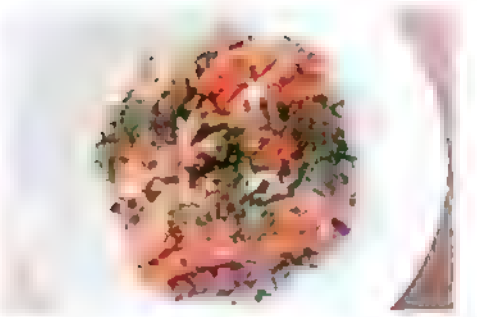
To save time, ask your fish monger to skin and de-bone the salmon for you.

Cut the salmon into chunks and put ¼ of it in the food processor with the mustard. Pulse until the salmon forms a smooth paste. It is this paste-like texture that will help the burgers hold together. Add the remaining salmon and ingredients and pulse to break the salmon up into small chunks, but not so long that it becomes smooth.

Shape the salmon into four burgers. The burgers can be fried in a skillet with a little oil or grilled. In both cases, cook for 3-5 minutes until the burger is firm and easy to flip. Continue cooking the second side for another 3-5 minutes. Serve with wedges of lemon.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**320**	
Fat	**13**	**116**	**36%**
Saturated	3	25	8%
Polyunsaturated	4	39	12%
Monounsaturated	5	42	13%
Carbohydrate	**1**	**5**	**1%**
Dietary Fiber	0		
Protein	**47**	**200**	**62%**



BLTA CHICKEN BREAST SANDWICH

Time in the Kitchen: 25 minutes
Servings: 1

1 chicken breast, preferably skin on

1 tablespoon mayonnaise

2 slices of cooked bacon

1 handful of arugula or lettuce

1 tomato, thinly sliced

1 avocado, thinly sliced

After one bite of this sandwich, you'll wonder why you ever thought you needed two slices of bread to hold a sandwich together. Pure protein and flavor is what this sandwich is all about. Although you can eat it with a knife and fork if you want, it is a sandwich after all, so don't be afraid to simply pick it up and take a bite.

Butterfly the chicken breast by cutting lengthwise through the middle of the breast without cutting all the way through, so it can be opened up.

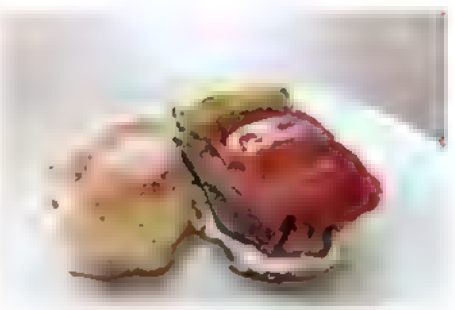
Lightly salt and pepper the chicken breast.

Heat a little oil in a pan and sear the chicken breast, skin side down and opened up. Cook 4-6 minutes on the first side until nicely browned, then flip the chicken and cook the other side with a lid on the pan for an additional 6-10 minutes, depending on the thickness of the chicken breast.

When chicken is cooked, spread a thin layer of mayonnaise on the inside. Layer bacon, lettuce, tomato and avocado and fold the chicken breast shut. Eat warm or cold.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**878**	
Fat	**60**	**518**	**59%**
Saturated	12	101	12%
Polyunsaturated	13	117	13%
Monounsaturated	30	259	29%
Carbohydrate	**22**	**80**	**9%**
Dietary Fiber	15		
Protein	**67**	**280**	**32%**



CHICKEN EGG DROP SOUP

Time in the Kitchen: 15 minutes
Servings: 3-4 *(macronutrient profile based on 4 servings)*

4 cups chicken stock

½ pound chicken tenders, cut into thin strips

1-2 cups chopped fresh vegetables or frozen vegetables (broccoli, green beans, carrots etc..)

2 eggs, beaten

2-3 green onions, sliced

Drizzling egg into hot broth creates a dumplinglike texture that makes a simple bowl of chicken soup a lot heartier. Egg drop soup is often served in Chinese restaurants, and you can easily give this soup even more of an Asian flair by adding sliced mushrooms and drizzling a little tamari and sesame oil into the broth.

Chicken tenders are thin strips of chicken from the breast that are fairly inexpensive—if your butcher doesn't sell them, simply buy a chicken breast

and cut it into thin strips.

Bring chicken stock to a gentle boil. Add raw chicken and raw vegetables. Simmer rapidly for five minutes.

Pour eggs into the broth in a steady stream, then gently stir the broth while the egg cooks.

Remove from heat after a minute or two and garnish with green onions.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**192**	
Fat	**6**	**50**	**27%**
Saturated	2	15	8%
Polyunsaturated	1	10	5%
Monounsaturated	2	19	10%
Carbohydrate	**14**	**54**	**28%**
Dietary Fiber	4		
Protein	**20**	**85**	**45%**

SPINACH COCONUT MILK SOUP WITH CURRIED SHRIMP

Time in the Kitchen: 15 minutes
Servings: 3

2 cans coconut milk

1 cup frozen spinach, or several handfuls of fresh

1 tablespoon butter

1 pound raw shrimp, peeled and de-veined

1½ teaspoons curry powder salt to taste

It doesn't get much easier than this soup. The spinach and coconut milk purée has such a great flavor and texture that you don't even need to add broth. When you have more time use this recipe as a starting point, then add more ingredients to the soup like diced vegetables, additional spices and more seafood.

In a blender, purée coconut milk and spinach until smooth.

In a deep saucepan, melt the butter. Add the shrimp and sprinkle curry powder on top. Sauté 2 minutes, then add coconut milk with spinach. Bring to a boil then turn of heat. Salt to taste and serve.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**529**	
Fat	**36**	**305**	**58%**
Saturated	28	237	45%
Polyunsaturated	2	17	3%
Monounsaturated	3	24	4%
Carbohydrate	**10**	**37**	**7%**
Dietary Fiber	3		
Protein	**46**	**188**	**35%**

PORK CHOPS WITH SHREDDED BRUSSELS SPROUTS

PORK LOIN SALAD WITH DATE VINAIGRETTE

PORK FRIED CAULIFLOWER RICE

SPICE-RUBBED GRILLED PORK AND CARROTS

UN-STUFFED CABBAGE

SAUTÉED SAUERKRAUT WITH SAUSAGE AND ZUCCHINI

CREAMY SAUERKRAUT AND SAUSAGE SOUP

CAULIFLOWER “ARROZ CON POLLO”

CHICKEN AND ARTICHOKES WITH GARLIC SAUCE

VEGETABLE COCONUT STEW

ZUCCHINI CARBONARA

COD AND ARAME WITH LEMON TAMARI DRESSING

THAI-INSPIRED SCALLOP SOUP

HALIBUT IN BUTTER SAUCE

SEAFOOD SOUP WITH TOMATO BROTH

CHORIZO AND ALMOND-CRUSTED HALIBUT

KOREAN CAULIFLOWER RICE BOWL

SPAGHETTI SQUASH WITH BISON RAGU

ASPARAGUS AND DRIED MUSHROOMS WITH STEAK

SKIRT STEAK AND TURNIP RISOTTO

FISH TACOS WITH CITRUS DRESSING

LAMB BURGERS WITH PISTACHIO PESTO

DINNER

PORK CHOPS WITH SHREDDED BRUSSELS SPROUTS

Time in the Kitchen: 25 minutes

Servings: 2

1 pound Brussels sprouts

¼-¼ cup olive oil

2 thin pork chops

salt and pepper to taste

When Brussels sprouts are shredded, they magically transform into a whole new thing. Try this dish on your pickiest vegetable eater and see if they even notice they're eating a vegetable they claim to dislike. (Grating a little cheese on top will make the dish especially appealing to kids.)

Trim the bottom stem off each Brussels sprout. Grate the sprouts in the food processor. Set aside.

Lightly salt and pepper the pork chops. Over medium-high heat, heat a few tablespoons of oil, waiting until pan is nice and hot before adding

chops. Cook the pork chops 4 minutes on each side to brown, then if needed add a lid and cook about 4 minutes more or until they reach desired doneness.

While pork chops are cooking, warm ¼ cup of olive oil over medium-high heat. Add the shredded Brussels sprouts and sauté until softened and lightly browned, about 10 minutes. As the Brussels sprouts cook, add more oil as needed. Salt and pepper to taste.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**756**	
Fat	**66**	**584**	**77%**
Saturated	12	104	14%
Polyunsaturated	7	63	8%
Monounsaturated	44	393	52%
Carbohydrate	**16**	**57**	**8%**
Dietary Fiber	6		
Protein	**29**	**115**	**15%**

PORK LOIN SALAD WITH DATE VINAIGRETTE

Time in the Kitchen: 20 minutes
Servings: 2

½ pound pork loin

4 dates, pitted

6 anchovy fillets

grated zest of 1 large lemon

2[3] garlic cloves

½ cup olive oil

1 tablespoon sherry vinegar

1 fennel bulb

4 handfuls of mixed salad greens

PORK LOIN SALAD WITH DATE VINAIGRETTE

Time in the Kitchen: 20 minutes
Servings: 2

½ pound pork loin

4 dates, pitted

6 anchovy fillets

grated zest of 1 large lemon

2[3] garlic cloves

½ cup olive oil

1 tablespoon sherry vinegar

1 fennel bulb

4 handfuls of mixed salad greens

In this recipe a surprising combination of ingredients come together in an unforgettable way, resulting in a sweet, salty and garlicky salad that's downright addictive.

Slice the pork loin into rounds no more than 1-inch thick. Lightly salt and pepper the meat and set aside.

In a food processor or blender, process dates, anchovies, lemon zest, garlic cloves, olive oil and vinegar until blended as much as possible. The vinaigrette will have a thick, chunky texture.

Remove the stem and fronds from the fennel and cut the bulb in half, removing the inner core. Slice each half into very thin strips. If you have a mandoline, use it to slice the fennel paper-thin.

Heat a few tablespoons of olive oil in a skillet over medium heat. Add the fennel, sautéing until lightly browned, about 3 minutes for slightly crunchy fennel, longer to soften the texture and make the flavor milder.

Add the pork and as the first side cooks, spread about a teaspoon of the vinaigrette onto each piece. After three minutes, flip the pork medallions and cook just a few minutes more, so the outside of the meat is browned but the inside is still a bit pink.

Toss the salad greens with the remaining vinaigrette and divide on two plates. Top with the fennel and pork.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**702**	
Fat	**43**	**379**	**54%**
Saturated	7	64	9%
Polyunsaturated	5	42	6%
Monounsaturated	29	254	36%
Carbohydrate	**45**	**161**	**23%**
Dietary Fiber	7		
Protein	**39**	**160**	**23%**

PORK FRIED CAULIFLOWER RICE

Time in the Kitchen: 15 minutes
Servings: 2-3 *(macronutrient profile based on 3 servings)*

3 tablespoons sesame or coconut oil (coconut oil will give the dish coconut flavor)

1 white or yellow onion, thinly sliced

¾ pound meat, raw or already cooked, cut into small pieces

4 tablespoons tamari

1 garlic clove, finely chopped

1 small head of cauliflower, grated in a food processor

2 eggs, beaten

1 cup frozen peas

4 scallions, roughly chopped

Fried cauliflower rice is the perfect dish when you have leftover meat in the fridge, either raw or already cooked. Pork, chicken, steak, shrimp...all will blend right in with the simple flavors of garlic and tamari. This fried cauliflower rice cooks so quickly, you'll never miss take-out fried rice again.

Heat a wok or skillet over high heat and add 1 tablespoon of oil. Add onion and sauté until it starts to brown, about 2 minutes.

Add the meat and 1 tablespoon of tamari. Sauté 2-3 minutes (or longer if raw meat needs more time) then add the remaining oil, the garlic and the cauliflower. Sauté 2-3 minutes.

Add the eggs and remaining tamari. Stir constantly as the egg cooks, then add peas and chopped scallions. Cook just a minute or two more.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**521**	
Fat	**26**	**227**	**44%**
Saturated	6	51	10%
Polyunsaturated	7	64	12%
Monounsaturated	10	89	17%
Carbohydrate	**18**	**71**	**14%**
Dietary Fiber	6		
Protein	**54**	**222**	**43%**

SPICE-RUBBED GRILLED PORK AND CARROTS

Time in the Kitchen: 25 minutes
Servings: 2

3 tablespoons butter

1 teaspoon ancho chile powder

1 teaspoon cumin

½ teaspoon cinnamon

½ teaspoon salt

2 1-inch thick pork chops

8 carrots, peeled and cut in half lengthwise

Ancho chile powder mixed with cinnamon and cumin creates a subtly sweet and smoky flavor combination. Carrots aren't often grilled, but it's really the perfect cooking method for this vegetable. The flames caramelize the carrots' flavor just a bit and the texture turns tender without being mushy.

Heat the grill to medium-high heat.

Melt the butter and mix in spices and salt. Drizzle half the butter mixture over the carrots, tossing the carrots with your hands to make sure they are thoroughly covered. Brush the remaining butter over both sides of the pork chops.

Char pork chops and carrots for five minutes on each side, then move them away from direct heat (with charcoal) or turn the heat to medium (gas grill) and cover the grill for an additional three minutes. The carrots are probably fairly tender at this point and can be removed from the grill. The pork may need a few minutes more.

Sprinkle pork and carrots with sea salt to finish.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**437**	
Fat	**29**	**256**	**58%**
Saturated	15	133	30%
Polyunsaturated	2	16	4%
Monounsaturated	10	85	19%
Carbohydrate	**20**	**75**	**17%**
Dietary Fiber	8		
Protein	**26**	**107**	**24%**

Quick & Easy Tip

Leftover pork from dinner? Use it to make ***Pork Fried Cauliflower Rice*** (page 99) tomorrow for lunch.

UN-STUFFED CABBAGE

Time in the Kitchen: 30 minutes

Servings: 4

1 small white or yellow onion, finely chopped or grated

2 large turnips, grated (a head of grated cauliflower can be used instead)

½ pound ground pork

½ pound ground bison or beef

1 teaspoon salt

½ teaspoon black pepper

1 tablespoon dried parsley

1 14.5-ounce can diced tomatoes in juice (or several fresh tomatoes)

1 head green cabbage

Stuffed cabbage is a comfort dish many of us don't eat as often as we'd like simply because it takes so much time to stuff those darn cabbage leaves. This method is much faster and tastes just as good, even though I serve the cabbage un-stuffed and substitute grated turnip for rice.

In a deep pot over medium-high heat, sauté onion and turnip for a few minutes, then cover with a lid and cook for three minutes to steam the turnip.

Remove the lid and add ground meats, salt, pepper and parsley. Sauté for 6-8 minutes then add the can of tomatoes. Simmer rapidly for 10 minutes, stirring occasionally.

While the meat is simmering, cut the cabbage into fourths, removing inner core. Separate leaves slightly then microwave cabbage leaves, covered with a loose lid, for 5 minutes. Flavor with a little butter and salt.

Serve the ground meat and turnip with a side of cabbage.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**398**	
Fat	**21**	**187**	**47%**
Saturated	8	73	18%
Polyunsaturated	2	15	4%
Monounsaturated	9	78	20%
Carbohydrate	**22**	**81**	**20%**
Dietary Fiber	7		
Protein	**33**	**131**	**33%**

SAUTÉED SAUERKRAUT WITH SAUSAGE AND ZUCCHINI

Time in the Kitchen: 15 minutes
Servings: 2

2 sausages, sliced

2 small or 1 large zucchini, sliced or finely chopped

1 red pepper, sliced or finely chopped

2 cups sauerkraut

Sausage and sauerkraut are a classic combination. In this recipe, I simply forgo the bun and sauté the two together. If you like, serve mustard on the side for dipping.

Sauté sausage in a pan over medium heat until browned and heated through.

Add more oil to the pan if needed and sauté zucchini and red pepper for about five minutes.

Add sauerkraut and sauté until heated.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**138**	
Fat	**5**	**43**	**31%**
Saturated	1	13	9%
Polyunsaturated	1	9	6%
Monounsaturated	2	15	11%
Carbohydrate	**21**	**75**	**54%**
Dietary Fiber	8		
Protein	**7**	**21**	**15%**

Add sauerkraut and sauté until heated.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**138**	
Fat	**5**	**43**	**31%**
Saturated	1	13	9%
Polyunsaturated	1	9	6%
Monounsaturated	2	15	11%
Carbohydrate	**21**	**75**	**54%**
Dietary Fiber	8		
Protein	**7**	**21**	**15%**

CREAMY SAUERKRAUT AND SAUSAGE SOUP

Time in the Kitchen: 30 minutes

Servings: 2-4 *(macronutrient profile based on 4 servings)*

2 tablespoons butter

½ pound sausage, sliced

½ cup white onion, chopped

1 cup sauerkraut, rinsed and drained

$^1/_3$ cup dry white wine

2½ cups chicken stock

¼ cup heavy cream

2 teaspoons Dijon mustard

Sausage, sauerkraut and mustard are a natural combination, although you may be surprised to find out how well they come together in a soup. The fermented, sour flavor of the kraut is mellowed by the creamy broth but still has a little kick that brings out the best in the sausage.

In a deep pot over medium heat, melt 1 tablespoon of butter and cook the sausage until browned. Remove sausage from pot and set aside.

Add remaining butter and the onion and cook until soft. Add sauerkraut and wine and keep at a rapid boil for five minutes.

Turn heat down slightly and add stock. Simmer uncovered for 10 minutes.

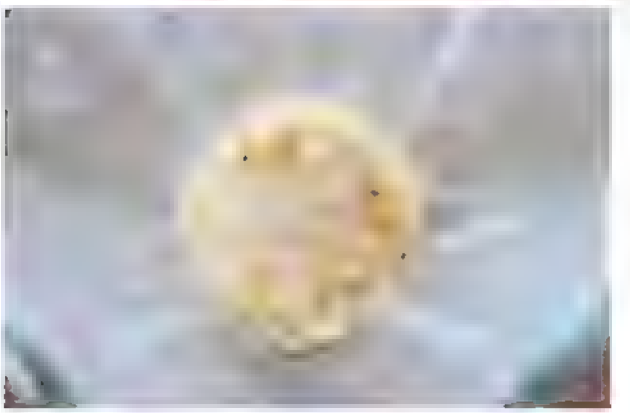
Remove from heat and stir in heavy cream and mustard. Purée the soup in small batches in a blender until smooth and creamy. Return the soup to the pot and add the sausage. Season with salt and pepper.

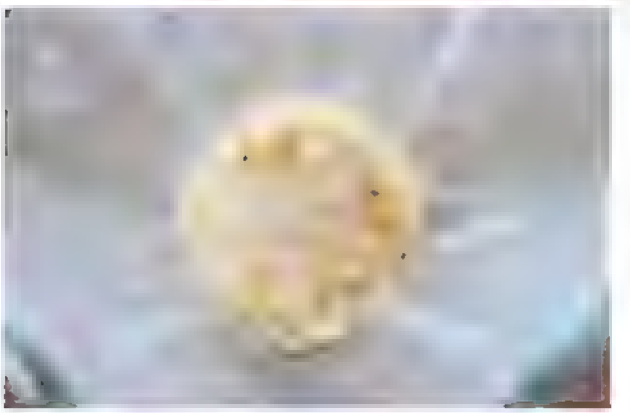
Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**377**	
Fat	**32**	**288**	**77%**
Saturated	14	124	33%
Polyunsaturated	3	31	8%
Monounsaturated	12	109	29%
Carbohydrate	**6**	**22**	**6%**
Dietary Fiber	1		
Protein	**12**	**52**	**14%**

Quick & Easy Tip:

If you're using just a little bit of cream in a recipe, freeze the rest in small portions for future recipes. Kept in airtight containers, the frozen cream will keep about 4 months in the freezer and can be easily re-heated for future recipes without losing its flavor or texture.





CAULIFLOWER “ARROZ CON POLLO”

Time in the Kitchen: 30 minutes
Servings: 4

1 tablespoon oil

2-2½ pounds boneless

chicken thighs, cut into small cubes or strips (breast meat can also be used, but isn't as moist)

1 onion, finely chopped

1 jalapeño, finely chopped

2 garlic cloves, finely chopped

1 green bell pepper, chopped or cut into strips

1 red bell pepper, chopped or cut into strips

1 14.5-ounce can diced tomatoes

1 cup chicken stock

½ teaspoon saffron threads

1 teaspoon cumin

1 teaspoon salt

1 head cauliflower, grated

2 cups frozen peas

Rice with chicken is a simple but popular dish in many cultures. Surprisingly, substituting grated cauliflower in for the rice hardly changes how the dish tastes. Because cauliflower does not soak up liquid as well as rice, this version will have a little more broth than traditional *Arroz con Pollo*, but the flavor is still fantastic.

If you have a food processor, save time by using it to grate or slice the onion, jalapeño, garlic and bell peppers together. The cauliflower is also easiest to grate in a food processor.

In a deep saucepan, heat oil over medium-high and add chicken. Cook for 4-6 minutes until nicely browned. Add more oil if needed, then add onion, garlic, jalapeño, and peppers for several minutes.

Add tomatoes and their juice, stock, saffron, cumin, salt and cauliflower. Stir well. Simmer rapidly with lid on for 10 minutes, then add peas and simmer a few more minutes.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**839**	
Fat	**48**	**432**	**52%**
Saturated	13	116	14%
Polyunsaturated	10	93	11%
Monounsaturated	20	180	21%
Carbohydrate	**23**	**85**	**10%**
Dietary Fiber	6		
Protein	**77**	**321**	**38%**

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**839**	
Fat	**48**	**432**	**52%**
Saturated	13	116	14%
Polyunsaturated	10	93	11%
Monounsaturated	20	180	21%
Carbohydrate	**23**	**85**	**10%**
Dietary Fiber	6		
Protein	**77**	**321**	**38%**

CHICKEN AND ARTICHOKES WITH GARLIC SAUCE

Time in the Kitchen: 25 minutes
Servings: 4

1/3 cup olive oil

3 tablespoons butter

6 preserved anchovy fillets (sold jarred in grocery stores)

4 garlic cloves, finely chopped zest of 2 small or 1 large lemon

2 pounds of chicken, cut into 1-inch chunks

2 14-ounce cans of artichoke hearts, drained and quartered

1/3 cup parsley, roughly chopped

If you want to feel like a gourmet cook without much effort, this is the recipe to serve. Buttery and richly flavored without being too heavy, you'll want to lick up every last bit on your plate. If by chance there are any

leftovers, the chicken and artichokes make a great salad topping for lunch the next day.

In a skillet over medium heat combine the olive oil, butter and anchovies. As the butter melts, smash the anchovies into a paste with a wooden spoon. When the anchovies have dissolved and the butter and oil is bubbling, turn off the heat and mix in garlic and lemon zest.

Turn the oven broiler on high.

Combine the chicken and artichokes in a rimmed baking pan. Sprinkle lightly with salt and pepper. Drizzle the oil mixture on top and mix well to coat.

Cook the chicken for 10-15 minutes, stirring several times until done.

Garnish with parsley and serve.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**872**	
Fat	**61**	**540**	**62%**
Saturated	17	153	18%
Polyunsaturated	10	89	10%
Monounsaturated	29	256	29%
Carbohydrate	**14**	**52**	**6%**
Dietary Fiber	7		
Protein	**68**	**281**	**32%**

VEGETABLE COCONUT STEW

Time in the Kitchen: 20 minutes
Servings: 4

1 large shallot, roughly chopped

1 cup shredded, unsweetened coconut

2 garlic cloves

1 jalapeño, seeded and cut in half

2 tablespoons coconut oil

1 large cucumber or several small cucumbers, peeled, seeded and sliced

1 small head of cauliflower, broken into florets

1 carrot, peeled and cut into rounds

2 cups green beans

2 tomatoes, chopped

1 teaspoon turmeric

½ teaspoon cumin

1 13.5-ounce can coconut milk (about 1½ cups) salt to taste

½ cup full fat Greek-style yogurt (optional)

This stew of crisp vegetables in coconut broth is especially nice in the summer. Green beans, tomatoes and even cucumber, which is surprisingly delicious when cooked, are simmered briefly to retain their flavor and texture. The bright yellow color of the broth comes from turmeric, a spice related to ginger that is known for its anti-inflammatory properties.

If you'd like to add meat to this stew, simply sauté it first, then start adding the vegetables.

In a food processor, combine shallot, coconut flakes, garlic and jalapeño for about one minute until very finely shredded.

In a deep saucepan, warm coconut oil and add the shallot mixture to the pan. Sauté several minutes.

Add cucumber, cauliflower, carrot, green beans, tomato, turmeric and cumin. Sauté a minute or two then add coconut milk and bring to a rapid simmer. Cover and cook 8-10 minutes until vegetables are cooked, but still a bit crisp.

Add salt to taste. If using the yogurt, which will make the broth thick and creamy, stir in right before serving.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**738**	
Fat	**67**	**563**	**76%**
Saturated	59	493	67%
Polyunsaturated	1	9	1%
Monounsaturated	3	25	3%
Carbohydrate	**37**	**142**	**19%**
Dietary Fiber	17		
Protein	**11**	**33**	**4%**

ZUCCHINI CARBONARA

Time in the Kitchen: 20 minutes
Servings: 2

6 small or 4 large zucchini

2 egg yolks, beaten

¼ cup heavy cream or coconut milk

½ teaspoon black pepper

¼ pound pancetta (or bacon) cut into small pieces

finely chopped parsley or basil for garnish

olive oil for sautéing

salt to taste

Traditional Italian *Pasta alla Carbonara* combines pasta with a lip-smacking sauce of cream, barely cooked egg yolks, parmigiano-reggiano cheese and pancetta. Following the Italians' lead, I've kept the sauce (minus

the cheese, but you can add a handful if you like) and used it to smother zucchini “noodles” instead of starchy pasta.

To make wide pappardelle noodles, slice each zucchini lengthwise into slices that are as thin as possible. The easiest way to slice the zucchini this thinly is on a mandoline. If you don't have a mandoline, just use a knife and do your best.

Whisk together egg yolks, cream/coconut milk and pepper. Set aside.

Heat two skillets over medium heat. In one, heat several tablespoons of olive oil and add zucchini. Sauté for about five minutes until just soft and lightly browned.

Simultaneously in the second pan, cook pancetta until crispy. Spoon the cooked pancetta into the bowl with the eggs then drizzle the mixture on top of the zucchini.

Stir while the heat gently warms and thickens the sauce. Make sure to remove from heat before eggs take on a scrambled look.

Garnish with parsley or basil and salt to taste.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**849**	
Fat	**63**	**557**	**65%**
Saturated	20	176	21%
Polyunsaturated	7	64	7%
Monounsaturated	31	273	32%
Carbohydrate	**47**	**167**	**20%**
Dietary Fiber	14		
Protein	**34**	**127**	**15%**

COD AND ARAME WITH LEMON TAMARI DRESSING

Time in the Kitchen: 20 minutes
Servings: 2

1 cup dried arame

1 pound cod

2 tablespoons sesame oil, plus ¼ cup

2 garlic cloves, finely chopped

3 tablespoons lemon juice 1 teaspoon tamari

3 scallions, chopped

Arame is thought to have the mildest flavor of all the dried sea vegetables and a cooked texture that is similar to wild rice. Like most sea vegetables, arame is a highly concentrated source of nutrients. It is a tasty bed on which to lay fish, like cod.

Put several cups of water on to boil and preheat oven broiler to high.

Add arame to boiling water and boil for 10 minutes. Drain and rinse.

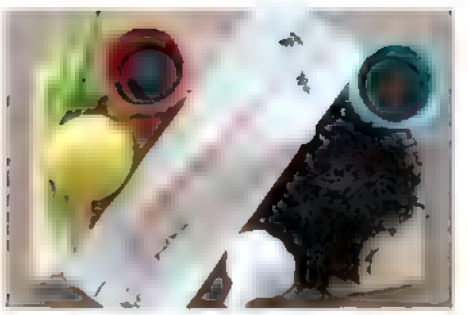
Pat cod fillets dry then lightly salt and pepper. Cover with 2 tablespoons of sesame oil and garlic. Broil for 8-10 minutes. When the cod is done, the fish will flake apart easily.

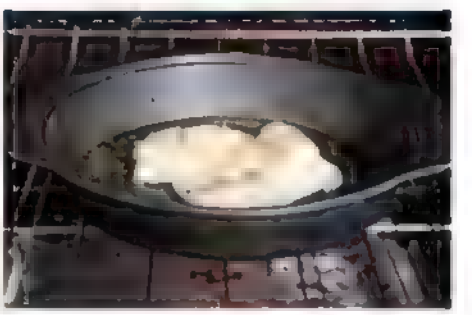
Whisk together the remaining sesame oil with lemon juice and tamari.

Toss the dressing with the arame. Divide the arame on two plates and top with cod and scallions.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**678**	
Fat	**49**	**437**	**64%**
Saturated	7	65	10%
Polyunsaturated	20	174	26%
Monounsaturated	20	173	25%
Carbohydrate	**9**	**31**	**5%**
Dietary Fiber	1		
Protein	**51**	**211**	**31%**





THAI-INSPIRED SCALLOP SOUP

Time in the Kitchen: 20 minutes
Servings: 3

1 tablespoon butter

1 tablespoon finely chopped fresh ginger

2 garlic cloves, minced

½ pound scallops

1 can (13.5 ounces) coconut milk

2 cups chicken stock

1 red or orange bell pepper, cut into thin strips

2 scallions, thinly sliced

¼ cup freshly squeezed lime juice

¼ cup finely chopped basil

This is a simplified version of the Tom Kha soup with coconut broth that is served at many Thai restaurants. Lime juice is a key ingredient in the soup, adding a refreshing and tart flavor that balances the richness of the coconut milk. Shrimp can be used in place of the scallops and if you like it spicy, go ahead and add hot chili sauce at the end.

Heat butter in a deep saucepan over medium heat. Add ginger and garlic and sauté briefly.

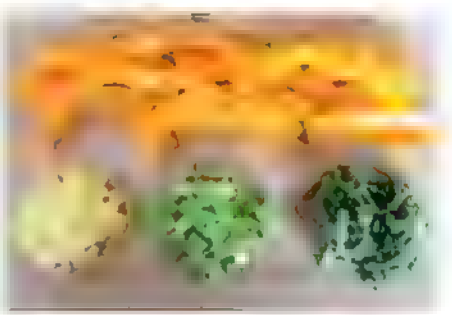
Lightly salt scallops then add them to the pan. Sauté 2-3 minutes then add coconut milk, chicken stock, bell pepper and scallions.

Bring the soup to a gentle boil then remove from heat and stir in lime juice and basil.

Add salt or hot sauce to taste.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**459**	
Fat	**38**	**319**	**70%**
Saturated	30	253	55%
Polyunsaturated	2	13	3%
Monounsaturated	4	31	7%
Carbohydrate	**16**	**59**	**13%**
Dietary Fiber	4		
Protein	**20**	**79**	**17%**



halibut in butter sauce

Time in the Kitchen: 20 minutes
Servings: 2

1 pound halibut, about 1-inch thick

6 tablespoons butter

1 shallot, finely chopped

½ cup dry white wine

½ cup vegetable or chicken stock

1 tablespoon finely chopped parsley

1 lemon

The rich, meaty texture of halibut has a natural affinity for butter, although any type of white fish will be elevated by this simple sauce. After making this dish once you might even be tempted to double the amount of sauce served with the fish, and I can't blame you. There's something about melted butter that's hard to resist.

Pat halibut dry and lightly season with salt and pepper. Heat 1 tablespoon of butter in a skillet over medium heat and add halibut.

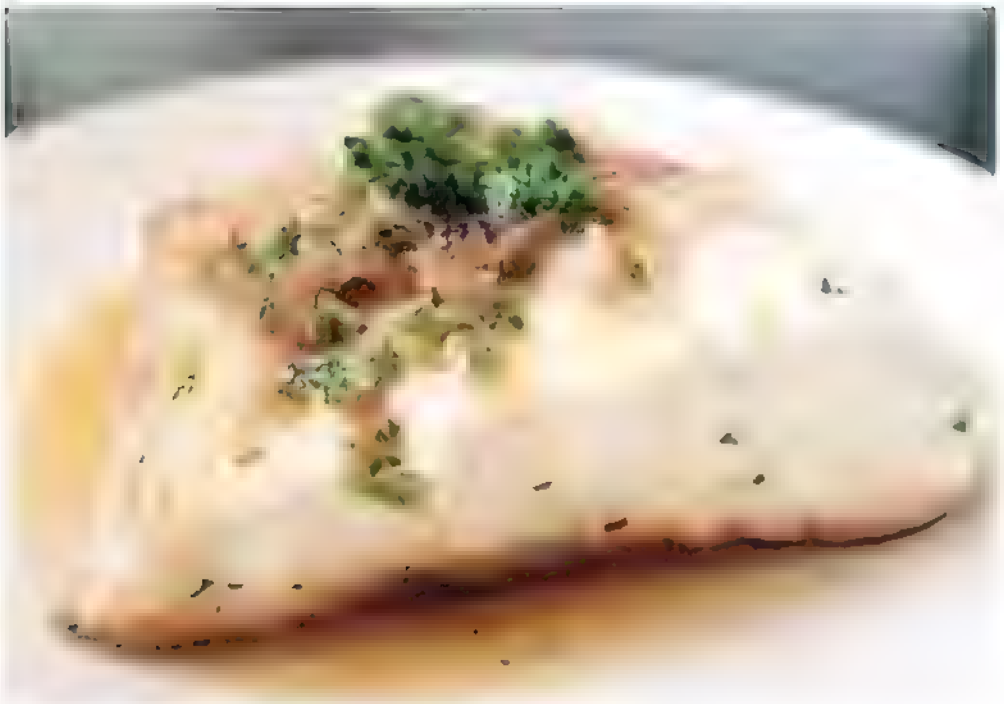
After about 2 minutes the butter will begin to brown; add another tablespoon of butter and the shallot.

Add the wine and turn the heat up slightly, simmering rapidly for three minutes. Add chicken stock and continue simmering for 4-5 more minutes, spooning some of the broth over the fish.

Reduce the heat to medium-low and stir in the parsley. Add the remaining butter in small chunks. Put a lid on the skillet and simmer for 3-6 minutes until the halibut is cooked through and flakes apart easily. Serve with a wedge of lemon.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**682**	
Fat	**41**	**365**	**53%**
Saturated	23	201	29%
Polyunsaturated	3	31	5%
Monounsaturated	11	99	14%
Carbohydrate	**3**	**13**	**2%**
Dietary Fiber	0		
Protein	**62**	**263**	**39%**



SEAFOOD SOUP WITH TOMATO BROTH

Time in the Kitchen: 30 minutes
Servings: 4

1 white or yellow onion, chopped

1 fennel bulb, thinly sliced

4 garlic cloves, finely chopped

1 cup dry white wine

2 cups fresh, chopped tomatoes or 1 (14-ounce) can diced tomatoes in juice

2½ cups fish or chicken stock

1 pound mussels, scrubbed well

½ pound clams, scrubbed well

1 pound white fish (try cod or halibut)

½ pound scallops

salt and pepper to taste basil or parsley for garnish

This soup is commonly referred to as Cioppino, and it doesn't need a lot of time on the stove to develop flavor. The real key to great cioppino is adding lots of seafood, so don't hold back—just make sure to use a large pot.

In a few tablespoons of butter or olive oil, sauté onion and fennel until soft, about five minutes.

Add garlic, then wine and bring to a boil.

Add tomatoes and stock. Boil for 10 minutes, stirring occasionally.

Add seafood and stir so all the seafood is mostly covered by broth. Cover and cook until the clams and mussels begin to open, about 5 minutes. Add salt and pepper to taste. Garnish with chopped parsley or basil and serve.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		501	
Fat	10	93	19%
Saturated	2	16	3%
Polyunsaturated	3	27	5%
Monounsaturated	3	24	5%
Carbohydrate	24	92	18%
Dietary Fiber	2		
Protein	65	273	55%

CHORIZO AND ALMOND-CRUSTED HALIBUT

Time in the Kitchen: 25 minutes

Servings: 2

½ cup (about 2 ounces) roughly chopped Spanish chorizo (cured salami, not raw sausages)

¼ cup blanched almonds with no skin

1 tablespoon roughly chopped parsley

2 skinned halibut fillets (or other white fish), about ½ pound each

The meaty, salty and slightly spicy flavor of chorizo gives more flavor to mild fish like halibut, and blending almonds into the topping adds a nice crunch to the dish. While almonds pair well with the chorizo, there's no reason you can't experiment with other nuts, too.

Preheat oven to 400°F.

In a blender, blend the chorizo, almonds and parsley until almonds are in small pieces.

Drizzle a few tablespoons of olive oil in the bottom of a pan and set the fish on top. Spoon the chorizo mixture on top of the fish, patting it down so it sticks as much as possible and the sides are partially covered.

Roast in the oven for 12 minutes, or until the fish flakes easily with a fork. To finish, turn the oven broiler to high and broil for 2-4 minutes until the nuts are lightly browned.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**582**	
Fat	**29**	**258**	**44%**
Saturated	7	60	10%
Polyunsaturated	6	49	8%
Monounsaturated	15	127	22%
Carbohydrate	**4**	**17**	**3%**
Dietary Fiber	2		
Protein	**73**	**309**	**53%**

KOREAN CAULIFLOWER RICE BOWL

Time in the Kitchen: 30 minutes

Servings: 2

4 garlic cloves, finely chopped

½ cup tamari

2 tablespoons rice wine vinegar

¼ cup toasted sesame oil

2 cups grated cauliflower (about half a cauliflower head)

2 carrots, grated or very thinly sliced

1 cup frozen spinach or 2 large handfuls fresh spinach

2 eggs

½ pound sirloin or flank steak, thinly sliced

3 fresh shiitake mushrooms, sliced

Optional garnishes:

1 sheet dried seaweed (nori), cut into thin strips

1 tablespoon sesame seeds, lightly toasted

3 scallions, chopped

This is a Primal version of Korean Bi Bim Bap, a traditional rice bowl filled with numerous ingredients that all add a specific flavor and texture. Cooking each ingredient separately allows the uniqueness of each to stand alone in the dish; if you're in a huge hurry, you can throw the veggies and meat into the pan together, but the final result will taste slightly different.

Mix together garlic, tamari, vinegar and sesame oil. Place beef and mushrooms in separate bowls and pour half of the marinade in each bowl.

Heat the grated cauliflower in the microwave for 2-4 minutes until soft. Separate into two bowls.

Heat a tablespoon of oil (sesame, coconut or olive oil) in a wok or large skillet. As you sauté each ingredient, add more oil as needed. When each ingredient finishes cooking, split it between the two bowls of cauliflower rice.

Sauté the carrots for a few minutes until lightly browned. Remove from skillet. Add the spinach to the pan and sauté until warm. Remove from

skillet.

Crack eggs in the pan, frying until whites are set and yolk reaches desired firmness. Remove from pan. Eggs can be left whole, or if the yolk is firm, cut into slices.

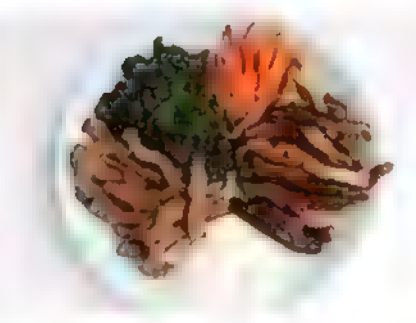
Bring the heat back up to high and add a little oil to the skillet. Remove beef from marinade (reserving marinade in the bowl) and sauté until the beef is cooked through, 3-5 minutes. Remove from pan.

Add mushrooms to the pan and sauté until soft. Remove from pan. Pour the leftover meat marinade into the pan and bring to a gentle boil for 3 minutes.

Pour half the marinade over the top of each rice bowl. Add optional garnishes of dried seaweed, sesame seeds and scallions.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**710**	
Fat	**46**	**409**	**58%**
Saturated	10	91	13%
Polyunsaturated	13	119	17%
Monounsaturated	18	159	22%
Carbohydrate	**24**	**89**	**13%**
Dietary Fiber	11		
Protein	**54**	**211**	**30%**



SPAGHETTI SQUASH WITH BISON RAGU

Time in the Kitchen: 30 minutes
Servings: 4

2 tomatoes

3-4 roasted red peppers

¼-½ cup fresh basil, roughly chopped

½ cup olive oil

1 onion, finely chopped

3 garlic cloves, finely chopped 1 pound ground bison

1 spaghetti squash

Spaghetti squash is available year-round and as the name suggests, is the perfect substitution for pasta. Topped with a quick but flavorful sauce, it's a meal the whole family will love. A traditional ragu can take hours to

develop flavor, but I cheat a bit by throwing in roasted red peppers, which adds sweetness to mellow the acidity of tomatoes.

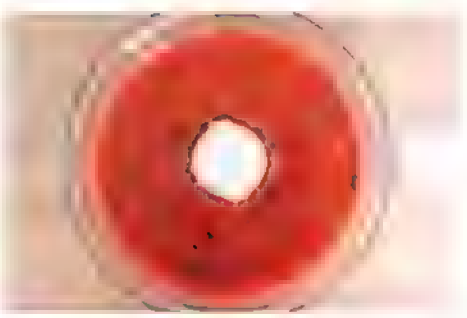
Cut tomatoes in half or fourths and put them in a food processor or blender with roasted red peppers and basil, until the sauce reaches the texture you desire (either slightly chunky or totally smooth).

In a deep saucepan over medium-high heat, warm the olive oil. Add onion and sauté 1-2 minutes, then add garlic and ground bison. Season bison with salt and pepper and cook 4-5 minutes until buffalo is lightly browned but still slightly pink, then add the tomato and red pepper purée. Turn heat to high and simmer rapidly for 10 minutes.

While the sauce is simmering, cut the spaghetti squash in half and scoop out the seeds and stringy pulp. Microwave each half 6-8 minutes, until soft. Scrape out noodle-like insides with a fork, drizzle with olive oil or butter, and serve with the bison ragu on top.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**492**	
Fat	**32**	**282**	**57%**
Saturated	9	84	17%
Polyunsaturated	3	24	5%
Monounsaturated	17	148	30%
Carbohydrate	**24**	**86**	**17%**
Dietary Fiber	6		
Protein	**31**	**124**	**25%**



ASPARAGUS AND DRIED MUSHROOMS WITH STEAK

Time in the Kitchen: 25 minutes
Servings: 2

2 steaks

1 cup dried morels

2 cups dried porcini

3 tablespoons butter or olive oil

1 large bunch asparagus spears

1 shallot, finely chopped

2-3 garlic cloves, finely chopped

sea salt to taste

Drying mushrooms intensifies the earthy flavor, so this dish is for those who really love their fungi. Dried morel mushrooms can be quite expensive, so if they're above your budget, simply substitute in another kind of dried mushroom. In the fall and winter when asparagus isn't in season, broccoli rabe is also delicious in this dish.

Lightly season your steaks and cook using your favorite method.

As the steaks cook, place the mushrooms in a bowl with just enough hot water to cover them. Cover the bowl with plastic wrap and set aside for at least 10 minutes. Next, drain mushrooms but reserve ½ cup of the liquid on the side.

Remove the tough bottom ends of the asparagus spears by snapping them off. Cut the spears diagonally into 1-inch pieces.

In a skillet over medium heat, warm butter or olive oil (or a combination of the two) then add shallot, garlic and asparagus. Sauté for 3-5 minutes, stirring so the garlic doesn't burn. Add the mushrooms and a pinch of salt and sauté one minute more.

Add the ½ cup of reserved mushroom broth and turn the heat up to high, bringing the liquid to a rapid simmer for 5-8 minutes.

Season with sea salt and serve asparagus and mushrooms on the side of your steak.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**841**	
Fat	**55**	**494**	**59%**
Saturated	16	145	17%
Polyunsaturated	4	35	4%
Monounsaturated	29	258	31%
Carbohydrate	**18**	**63**	**8%**
Dietary Fiber	7		
Protein	**70**	**285**	**34%**

SKIRT STEAK AND TURNIP RISOTTO

Time in the Kitchen: 25 minutes

Servings: 4

2 cups chicken stock

3-4 large turnips (enough for 8 cups grated)

2 tablespoons unsalted butter

1 pound skirt steak

1 shallot

¼ cup oil

¼ cup fresh herbs for garnish, finely chopped (or more to taste)

This Primal version of risotto cooks a lot faster than the traditional rice version, and eliminates a lot of carbs by using grated turnip instead. The flavor is mild with a bit of earthiness and the texture is soft and comforting —perfect for a chilly winter night.

In a small pot, bring the chicken stock to a boil. Peel turnips and grate in a food processor.

In a large pot, melt the butter at medium-high heat. Add the turnips and stir. Add the chicken stock and keep at a rapid boil, stirring occasionally, for 10-12 minutes.

While the turnips are cooking, slice the skirt steak into thin strips and lightly season with salt and pepper. Heat a few tablespoons of oil in a skillet over high heat. When the skillet is very hot, add the steak and cook until it reaches desired doneness.

Peel the shallot and slice very thinly. Heat ¼ cup of oil; you'll know it's hot enough if you drop a little shallot in and it begins to sizzle immediately. Add the remaining shallot and brown for about one minute until it's nice and crispy, but not burnt.

Stir steak and fresh herbs in with the turnip. Garnish with crispy shallot.

For additional creaminess, stir butter, whole cream or grated parmesan cheese into the risotto before serving.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**479**	
Fat	**34**	**301**	**63%**
Saturated	11	98	21%
Polyunsaturated	2	21	4%
Monounsaturated	19	165	34%
Carbohydrate	**10**	**37**	**8%**
Dietary Fiber	3		
Protein	**33**	**141**	**29%**

Quick & Easy Tip

If you end up with extra grated turnip, no problem! Use it to make *Turnip Hash Browns* (page 41) for breakfast.

FISH TACOS WITH CITRUS DRESSING

Time in the Kitchen: 20 minutes
Servings: 4

2 pounds of fish (Cod, Mahi-Mahi and Halibut all work well)

2 tablespoons lemon pepper seasoning

olive oil for drizzling

1 white or red onion, thinly sliced

lettuce leaves to wrap fish in, and/or thinly sliced cabbage to serve on the side

sliced avocados for garnish (optional)

Dressing:

1 cup mayonnaise

3 large or 4 small limes (for the zest and juice)

2 garlic cloves, finely chopped

This simple and tasty recipe for fish tacos is one my daughter's favorites, and has become a favorite meal of mine as well. The creamy citrus dressing is what really makes the dish. In fact, the dressing is so good that you may want to save some to top a salad later in the week.

Season the fish with lemon pepper and drizzle olive oil on top. The fish can either be pan-fried, broiled or grilled, and should only take about 4 minutes per side to cook.

While the fish is cooking, use a grater to remove the green peel from the limes and make zest. Cut the limes open and squeeze out the juice. Stir together the mayonnaise, garlic and lime zest, Slowly add the lime juice until the flavor and consistency of the dressing are to your taste.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**701**	
Fat	**48**	**429**	**61%**
Saturated	7	65	9%
Polyunsaturated	25	218	31%
Monounsaturated	14	120	17%
Carbohydrate	**13**	**41**	**6%**
Dietary Fiber	3		
Protein	**54**	**228**	**33%**

LAMB BURGERS WITH PISTACHIO PESTO

Time in the Kitchen: 30 minutes
Servings: 4

1½ pounds ground lamb

1 teaspoon cumin

¼ teaspoon cinnamon

¼ teaspoon allspice

½ teaspoon salt

¼ teaspoon black pepper

¼ cup finely chopped mint leaves

¼ cup chopped parsley

Pesto Ingredients:

1 garlic clove

1 cup unsalted shelled pistachios

½ cup olive oil

1 teaspoon lemon juice, or more to taste

¼ cup loosely packed mint leaves

a pinch of sea salt

Richer than your average burger, this dish is a nice change from the usual beef burger with mustard and ketchup. The pistachio pesto has such a thick texture that you won't even miss the cheese.

Mix together the ground lamb with the remaining burger ingredients. Form four patties and pan-fry or grill them, about 4-6 minutes per side.

While the burgers are cooking, blend together pesto ingredients in a food processor.

Serve burgers with pesto drizzled on top.

Macronutrient Profile (per serving)

	Grams	Calories	%-Cals
Calories		**916**	
Fat	**75**	**664**	**72%**
Saturated	19	172	19%
Polyunsaturated	10	85	9%
Monounsaturated	42	367	40%
Carbohydrate	**12**	**47**	**5%**
Dietary Fiber	6		
Protein	**50**	**205**	**22%**

Quick & Easy Tip:

If you're making a large batch of pesto to eat over the course of a week, keep the color of the pesto brighter and greener by blanching the basil leaves before making the pesto.

ARTICHOKE AND GREEN OLIVE DIP

CRAB DIP WITH CUCUMBER

BACON AND MUSHROOM DIP

CINNAMON WALNUT CRACKERS

CHOCOLATE COCONUT BARK

SPICED NUTS

SPANISH ALMONDS AND OLIVES

CUCUMBERS AND MINT

ROASTED RADISHES

TURNIP AND RUTABAGA FRIES

BELGIAN ENDIVE WITH HONEY AND WALNUTS

GRILLED SARDINES WITH TARRAGON DRESSING

SCALLOPS WITH ALMONDS AND BACON

SQUID WITH TOMATO AND BASIL

KOREAN-STYLE BLACKBERRY RIBS

SAVORY CREPES

BACON-WRAPPED CHICKEN LIVERS

CHICKEN WITH ALMOND COCONUT DIPPING SAUCE

PIGS IN A BLANKET

LAMB MEATBALLS

COCONUT CURRY MEATBALLS

GRILLED DUCK SKEWERS WITH SPICED BUTTER GLAZE

SALMON ROE AND CUCUMBER ROUNDS

GRILLED MUSSELS WITH PARSLEY AND SHALLOT

APPETIZERS AND SNACKS

ARTICHOKE AND GREEN OLIVE DIP

Time in the Kitchen: 10 minutes

Servings: 2 cups *(macronutrient profile based on serving size of 2½ tablespoons)*

1 cup pitted green olives

2 15-ounce cans/jars of artichoke hearts, drained

1 tablespoon capers, drained

1 garlic clove

1 tablespoon fresh parsley

1/8—¼ teaspoon red pepper flakes

salt to taste

Served with a vegetable platter or used as a topping for fish, the zippy flavors in this dip are hard to resist. In addition to tasting great together, the

combination of artichokes and olives also brings fiber, monounsaturated fat, vitamin E, calcium, iron and other essential minerals.

Mix all ingredients in a food processor, pulsing until combined but still a little chunky. Add salt to taste.

To give the dip richer flavor, stir in V4-V2 cup olive oil before serving.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**46**	
Fat	**3**	**24**	**52%**
Saturated	0	4	8%
Polyunsaturated	0	4	8%
Monounsaturated	2	15	33%
Carbohydrate	**5**	**18**	**39%**
Dietary Fiber	3		
Protein	**2**	**4**	**8%**

CRAB DIP WITH CUCUMBER

Time in the Kitchen: 10 minutes
Servings: 1 cup *(macronutrient profile based on serving size of 2½ tablespoons)*

1 teaspoon tomato paste

¼ cup mayonnaise

1 tablespoon chopped chives

1 teaspoon lemon juice

1 teaspoon horseradish

dash of tabasco or other hot sauce

½ pound crab meat

1 large cucumber, sliced into rounds

This crab dip isn't anything fancy, but it sure tastes great piled on a crisp slice of cucumber. Put a bowl out at parties and watch it disappear. Lump crab meat, which comes from the body of the crab, has the cleanest, freshest flavor but it's also more expensive. Claw meat has a stronger flavor, but it's less expensive and will work just as well in this dip.

Whisk together tomato paste, mayonnaise, chives, lemon juice, horseradish and hot sauce.

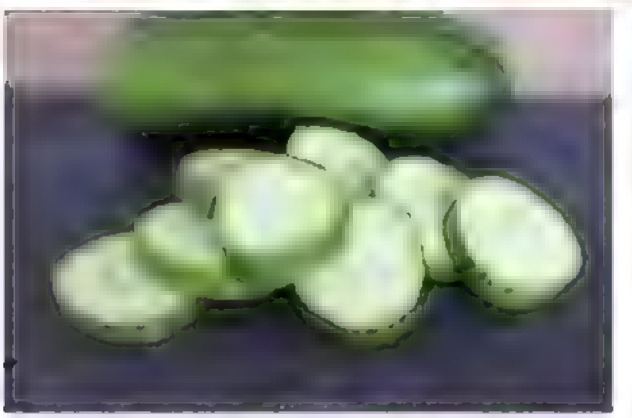
Stir in the crab. Serve with slices of cucumber.

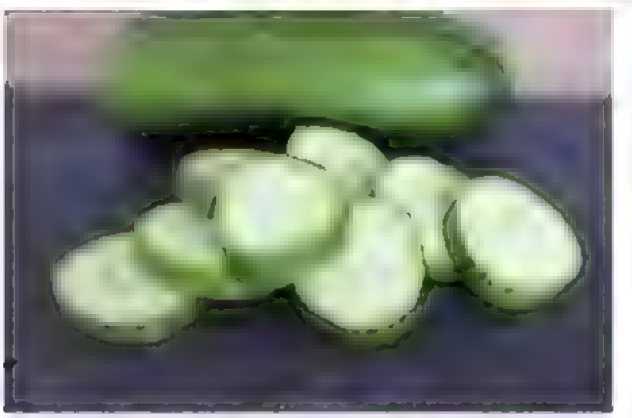
Macronutrient Profile (per serving)

	Grams	Calories	%-Cals
Calories		**109**	
Fat	**8**	**70**	**64%**
Saturated	1	11	10%
Polyunsaturated	4	37	34%
Monounsaturated	2	17	16%
Carbohydrate	**1**	**5**	**5%**
Dietary Fiber	0		
Protein	**8**	**34**	**31%**

Quick & Easy Tip

Tomato paste is a condensed form of tomato sauce and has a much stronger flavor. For this reason, recipes typically only call for a very small amount. So what can you do with what's left? Scoop tablespoons of tomato paste onto a sheet of parchment paper and freeze for an hour. Scrape the frozen tomato paste into balls, place them in a freezer bag, then simply take one out, defrost, and add to recipes as needed.





BACON AND MUSHROOM DIP

Servings: 1 cup *(macronutrient profile based on serving size of 2½ tablespoons)*

6 slices of bacon

2 cups sliced cremini or button mushrooms

3 scallions

½ cup mayonnaise

juice of half a lemon, or more to taste

Time in the Kitchen: 15 minutes

This creamy dip is so good you might want to eat it with a spoon, but try dipping some chopped veggies into it instead. If you serve this dip at a party, make sure to try some before you put it out as it's sure to disappear quickly!

Fry the bacon and sauté mushrooms in the same pan until browned. Add extra oil to sauté the mushrooms if necessary.

Blend the bacon and mushrooms in a food processor with remaining ingredients.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**193**	
Fat	**18**	**159**	**83%**
Saturated	3	30	15%
Polyunsaturated	8	73	38%
Monounsaturated	5	45	24%
Carbohydrate	**4**	**16**	**8%**
Dietary Fiber	1		
Protein	**4**	**17**	**9%**

Blend the bacon and mushrooms in a food processor with remaining ingredients.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**193**	
Fat	**18**	**159**	**83%**
Saturated	3	30	15%
Polyunsaturated	8	73	38%
Monounsaturated	5	45	24%
Carbohydrate	**4**	**16**	**8%**
Dietary Fiber	1		
Protein	**4**	**17**	**9%**

CINNAMON WALNUT CRACKERS

Time in the Kitchen: 30 minutes

Servings: 12 crackers *(macronutrient profile based on serving size of 2 crackers)*

2 cups walnuts

1 teaspoon baking soda

¼ teaspoon salt

3 teaspoons cinnamon

2 tablespoons melted butter 1 tablespoon honey

1 tablespoon water

Slightly sweet and incredibly rich, these crackers can be treated as a sweet or savory treat. Walnuts are a healthy source of fat, antioxidants and protein. Serve the crackers with dip or simply eat them alone as an afternoon snack with coffee or tea. The crackers are best eaten the day they are made but will keep in an airtight container.

Preheat oven to 375°F.

In a food processor or blender, pulse walnuts, baking soda, salt and cinnamon until powdery, about 40 seconds. Either in the blender/processor or in a separate bowl, add butter, honey and water and mix until a smooth paste forms.

Cover a cookie sheet with parchment paper. Using a rubber spatula, gently smear the batter, which will be sticky and wet, onto the parchment paper. Try to form a rectangle that is roughly 11 inches by 8 inches.

Bake 12-15 minutes until firm and browned, but not burnt.

Remove from oven and let cool completely before using a knife to cut into 12 crackers.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		309	
Fat	30	252	82%
Saturated	5	42	14%
Polyunsaturated	19	159	51%
Monounsaturated	5	39	13%
Carbohydrate	9	36	11%
Dietary Fiber	3		
Protein	6	22	7%

CHOCOLATE COCONUT BARK

Time in the Kitchen: 25 minutes

Servings: 12 squares *(macronutrient profile based on serving size of 1 square)*

2 ounces (roughly 55 grams) dark chocolate

1 cup coconut oil

a handful of coconut flakes

a handful of slivered almonds

½ teaspoon sea salt

A small square of this frozen dessert will both satisfy a sweet tooth and give you a good dose of healthy fat from coconut oil. I love to experiment with coconut bark (using various nuts or adding berries) but this version just might be my favorite. Make sure to use high-quality chocolate with 60% cacao or more, and don't forget the sprinkle of sea salt on top to really make the flavor sing.

Fill a pot with a few inches of water, then balance a smaller pot on top so it hovers just above the water (this is called a “bain marie"). Bring the

water to a simmer. Break the chocolate into small pieces and melt it in the top pot.

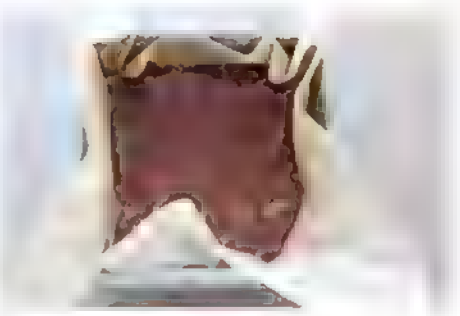
Take the melted chocolate off the heat and stir in coconut oil until it melts. Add coconut and almonds.

Pour batter into an 8x8 pan lined with parchment paper. Sprinkle sea salt on top.

Put in the freezer for 15 minutes until solid, then cut into squares. Store the Chocolate Coconut Bark in the freezer.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**229**	
Fat	**24**	**203**	**89%**
Saturated	18	152	67%
Polyunsaturated	1	9	4%
Monounsaturated	4	30	13%
Carbohydrate	**6**	**21**	**9%**
Dietary Fiber	1		
Protein	**2**	**5**	**2%**



SPICED NUTS

Time in the Kitchen: 20 minutes
Servings: 2 cups *(macronutrient profile based on serving size of Ys cup)*

1 cup hazelnuts

1 cup walnuts

1 tablespoon butter

¼ teaspoon salt

¼ teaspoon cinnamon

¼ teaspoon nutmeg zest of 1 orange

Most spiced nuts are coated with sugar, but you really don't need sugar to satisfy a sweet craving when you eat these spiced nuts. Lightly roasted nuts have a sweetness all of their own and hints of orange zest, cinnamon and nutmeg add to the impression of sweetness.

Preheat oven to 375°F.

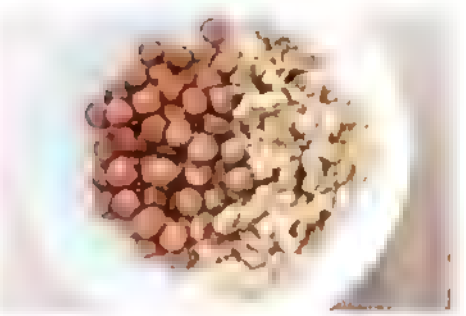
Place the nuts in a single layer on a rimmed baking sheet. Roast for 10 minutes.

When the nuts are done, melt butter in a pan over medium heat. When it begins to brown, add salt, cinnamon, nutmeg and orange zest. Add nuts to the pan and mix well.

Serve immediately or store in an airtight container up to a week.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**268**	
Fat	**27**	**223**	**83%**
Saturated	3	28	10%
Polyunsaturated	10	81	30%
Monounsaturated	12	103	38%
Carbohydrate	**6**	**25**	**9%**
Dietary Fiber	3		
Protein	**6**	**21**	**8%**



SPANISH ALMONDS AND OLIVES

Time in the Kitchen: 10 minutes
Servings: 2-4 *(macronutrient profile based on 4 servings)*

zest of 1 lemon

2 tablespoons sherry vinegar

¼ 4 cup olive oil

2 tablespoons fresh thyme

¼ teaspoon red pepper flakes

1 cup Spanish olives, such as gordal, manzanilla and arbequina

¼ cup almonds

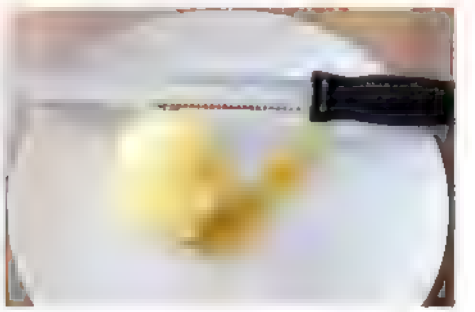
You'll be amazed by how this zesty, slightly spicy marinade transforms simple olives and almonds into an amazing appetizer or snack. The olives and almonds are ready to eat immediately, but will continue to soak up

flavor if refrigerated over the course of a week. If you can't find Spanish olives, any simple blend of olives will benefit from this flavorful marinade.

Whisk together lemon zest, vinegar, olive oil, thyme and red pepper flakes. Pour over olives and almonds.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**263**	
Fat	**26**	**226**	**86%**
Saturated	3	27	10%
Polyunsaturated	4	34	13%
Monounsaturated	18	158	60%
Carbohydrate	**6**	**22**	**8%**
Dietary Fiber	3		
Protein	**4**	**14**	**5%**



CUCUMBERS AND MINT

Time in the Kitchen: 15 minutes
Servings: 3

9 small Persian cucumbers

2 tablespoons olive oil

½ cup fresh mint, finely chopped

sea salt to taste

Cooking cucumbers, rather than eating them raw, subtly changes the flavor without losing the crisp, refreshing qualities that make cucumbers so popular. Broiling is the fastest method, but you can try sautéing or grilling cukes, too. Any type of cucumber can be used in this recipe, but small Persian cucumbers consistently have good flavor and a crunchy texture.

Preheat broiler to low heat.

Cut cucumbers in half lengthwise, then in half again.

Drizzle cucumbers with olive oil and put under the broiler for five minutes. The cucumbers will soften but still have some crispness.

Remove from oven and sprinkle with mint. Add sea salt to taste.

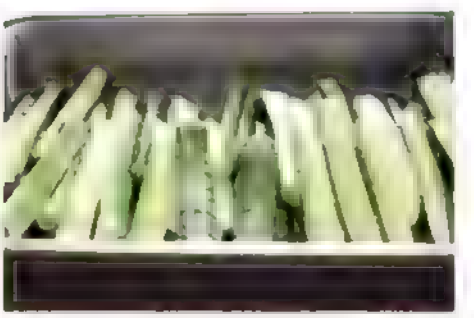
Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**153**	
Fat	**10**	**89**	**57%**
Saturated	1	12	8%
Polyunsaturated	1	10	6%
Monounsaturated	7	58	38%
Carbohydrate	**13**	**52**	**34%**
Dietary Fiber	6		
Protein	**4**	**14**	**9%**

Remove from oven and sprinkle with mint. Add sea salt to taste.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**153**	
Fat	**10**	**89**	**57%**
Saturated	1	12	8%
Polyunsaturated	1	10	6%
Monounsaturated	7	58	38%
Carbohydrate	**13**	**52**	**34%**
Dietary Fiber	6		
Protein	**4**	**14**	**9%**



ROASTED RADISHES

Time in the Kitchen: 30 minutes

Servings: 4-6 *(macronutrient profile based on 6 servings)*

3 bunches of radishes

¼ cup olive oil

¼ teaspoon pepper

¼ teaspoon salt juice of 1 lemon

Roasting radishes mellows the spicy flavor and turns them into slightly crunchy, delectable morsels. Lemon and salt are the easiest ways to season roasted radishes, but adding chopped garlic, parsley and/or anchovy will up the flavor. Serve the radishes before dinner with toothpicks or as a side dish.

Preheat oven to 475°F.

Cut leaves and stems off radishes. Slice smaller radishes into halves and larger ones into thirds.

Place in a rimmed baking pan and cover with olive oil, salt and pepper. Bake 15-20 minutes, stirring once or twice. Finish with lemon juice to taste and a sprinkle of sea salt if needed.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**162**	
Fat	**15**	**124**	**77%**
Saturated	3	26	16%
Polyunsaturated	3	29	18%
Monounsaturated	8	63	39%
Carbohydrate	**6**	**25**	**15%**
Dietary Fiber	3		
Protein	**4**	**13**	**8%**

TURNIP AND RUTABAGA FRIES

Time in the Kitchen: 30 minutes

Servings: 4

2 peeled rutabagas

2 peeled turnips

¼ cup olive oil

1 teaspoon dried minced garlic, or 1 tablespoon garlic, freshly minced

1 teaspoon salt

Turnips and rutabagas vary greatly in size, so you might need to buy more than two if they are small. It's better to err on the side of buying more rather than less, as these fries will get eaten quickly! After you make the fries once, start experimenting with flavors. Adding fresh herbs or curry powder are two ways to change things up.

Preheat oven to 450°F.

Cut turnips and rutabagas into spears about ½-inch wide and drizzle olive oil on top. Microwave for 8 minutes.

Transfer fries to a baking pan and sprinkle with garlic and salt. Bake for 15-18 minutes, stirring once or twice so they don't burn. Add more oil as they bake if needed.

Serve immediately, as the fries tend to get soggy if they sit around too long.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		205	
Fat	14	123	60%
Saturated	2	17	8%
Polyunsaturated	2	14	7%
Monounsaturated	10	88	43%
Carbohydrate	19	74	36%
Dietary Fiber	4		
Protein	3	8	4%

Quick & Easy Tip:

Turnips and rutabagas are sometimes hard to tell apart. Typically, although not always, turnips have a purple tinge to the skin and white flesh. Rutabagas usually have a yellow tinge to the flesh.

BELGIAN ENDIVE WITH HONEY AND WALNUTS

Time in the Kitchen: 25 minutes

Servings: 4

4-6 Belgian endives

4 tablespoons butter

1 cup walnuts

1 tablespoon honey

1 tablespoon fresh thyme sea salt to taste

This dish is easiest to serve as a first course salad, as the cooked endive is too soft to pass as finger food. The pleasant bitterness in endive is contrasted perfectly with the sweet honey and walnuts. Make sure to finish the dish with a sprinkle of sea salt, as it really brings out the flavor.

NOTE: If you use 6 endive, you'll need at least a 12-inch skillet. 4 endive will fit in a slightly smaller skillet.

Take the first layer of leaves off the endive and discard. Cut the endive lengthwise into quarters, removing as much of the bitter inner core as possible (without releasing the leaves).

In a large pan, melt 2 tablespoons of butter over medium heat and lay endive in one even layer. Sprinkle walnuts on top. Cover the pan with a lid and cook for five minutes.

While the endive is cooking, melt the remaining butter with the honey and thyme, either in the microwave or on the stove.

Turn the endive over and drizzle the butter and honey mixture on top. Cover again for another five minutes. Remove lid and sauté 3-5 minutes more so the endive becomes slightly browned and caramelized.

Sprinkle with sea salt and serve.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**446**	
Fat	**33**	**278**	**63%**
Saturated	10	83	19%
Polyunsaturated	15	128	29%
Monounsaturated	6	49	11%
Carbohydrate	**34**	**125**	**28%**
Dietary Fiber	26		
Protein	**14**	**40**	**9%**

GRILLED SARDINES WITH TARRAGON DRESSING

Time in the Kitchen: 20 minutes
Servings: 2

½ cup pine nuts

2 tablespoons butter

1 shallot, finely chopped

1 tablespoon lemon zest

juice of 1 lemon (plus more lemons for garnish)

1 tablespoon capers

1 teaspoon tarragon, finely chopped, or more to taste

1 bunch watercress, mache or other greens

12 fresh sardines, gutted and scaled

Most of us are used to eating sardines out of a can for a healthy dose of omega-3 fat, but never think about grilling fresh sardines. The fresh sardines sold at most fish counters are 2-3 times bigger than the canned varieties, but the flavor is very similar. A simple tarragon dressing adds a pleasantly aromatic topping that subdues any “fishiness”.

NOTE: When canned, it's customary to eat the sardine, bones and all. Fresh sardine bones shouldn't be eaten; your fishmonger can fillet the fish for you beforehand. Whether or not you want the head removed is personal preference. If you want to fillet the fish yourself at home, follow these steps:

1. Cut open the belly from head to tail and spread open the fillet.

2. Discard the innards.

3. Grasp the spine and gently work the bones away from the flesh.

4. Snip or cut the spine off where it meats the tail.

Preheat your grill to high heat.

In a pan over medium heat, lightly toast the pine nuts. Watch out—pine nuts burn quickly! Remove the nuts from heat and put in a bowl.

In the same pan, melt the butter and sauté the shallot until softened. Add the shallot to the pine nuts. Mix in lemon zest, lemon juice, capers and tarragon. Toss half of the dressing with the greens.

Brush the sardines with olive oil or butter and lightly salt and pepper. Grill sardines until lightly charred, about 2 minutes on each side.

Lay sardines on greens. Top with remaining dressing and serve with lemon wedges.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**410**	
Fat	**38**	**328**	**80%**
Saturated	9	83	20%
Polyunsaturated	14	115	28%
Monounsaturated	11	90	22%
Carbohydrate	**8**	**30**	**7%**
Dietary Fiber	2		
Protein	**14**	**52**	**13%**

Lay sardines on greens. Top with remaining dressing and serve with lemon wedges.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**410**	
Fat	**38**	**328**	**80%**
Saturated	9	83	20%
Polyunsaturated	14	115	28%
Monounsaturated	11	90	22%
Carbohydrate	**8**	**30**	**7%**
Dietary Fiber	2		
Protein	**14**	**52**	**13%**

SCALLOPS WITH ALMONDS AND BACON

Time in the Kitchen: 20 minutes
Servings: 3

4 slices of bacon

½ cup almonds

1 large handful parsley

1 tablespoon olive oil

1 tablespoon butter

1 pound scallops

Mild, buttery scallops and salty, meaty bacon are a perfect example of why sparks fly when opposites attract. If you've had bacon-wrapped scallops before, this appetizer is similar but takes the flavor to the next level. Almonds add a satisfying crunch and a hefty dose of manganese, potassium, copper, vitamin E and heart healthy monounsaturated fats.

Cook the bacon until crispy, then cool slightly and crumble into a food processor with almonds and parsley. Pulse until almonds are in small pieces.

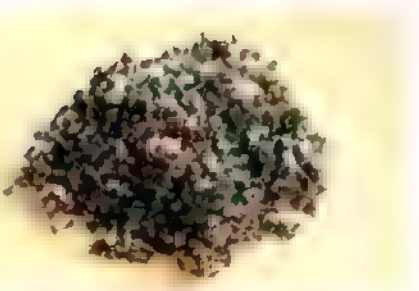
Heat the oil and butter in a large skillet over medium-high heat until the butter foam subsides (if you prefer, you can cook the scallops in the leftover bacon grease, rather than the butter and olive oil).

Add the scallops to the skillet. Turn the heat to high and cook for about 2 minutes or until scallops are brown on one side, then turn and brown the other side for another minute or two. This will leave the scallops cooked, but rare in the middle. If you prefer a firmer texture, cook the scallops 1-2 minutes more.

Transfer the scallops to a plate and sprinkle with bacon nut mixture.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**413**	
Fat	**28**	**241**	**58%**
Saturated	6	50	12%
Polyunsaturated	5	45	11%
Monounsaturated	15	128	31%
Carbohydrate	**10**	**38**	**9%**
Dietary Fiber	3		
Protein	**33**	**134**	**32%**



SQUID WITH TOMATO AND BASIL

Time in the Kitchen: 25 minutes
Servings: 4

2 large tomatoes, cut into slices or wedges

1 cup fresh basil, roughly chopped

4 tablespoons olive oil

1 pound cleaned squid, bodies and tentacles

3 garlic cloves, finely chopped

1 teaspoon salt

This salad is the perfect summer appetizer, when tomatoes are ripe and juicy and the intense aroma of basil perfumes the whole dish. Squid is so mild in flavor that it eagerly picks up the flavor of the garlic and olive oil marinade even though it only soaks in it for a few minutes.

Heat grill to high or preheat oven broiler to high.

Combine tomatoes and basil on a platter. Drizzle with 2 tablespoons of olive oil.

Rinse squid and pat dry. Toss with garlic, salt, and remaining 2 tablespoons of olive oil.

If grilling, thread squid on skewers, separating bodies and tentacles on different skewers.* If cooking under the broiler, simply put squid in a pan. Cook squid until it firms up, about 5-7 minutes.

Toss squid with tomatoes and basil. Add additional salt and olive oil to taste.

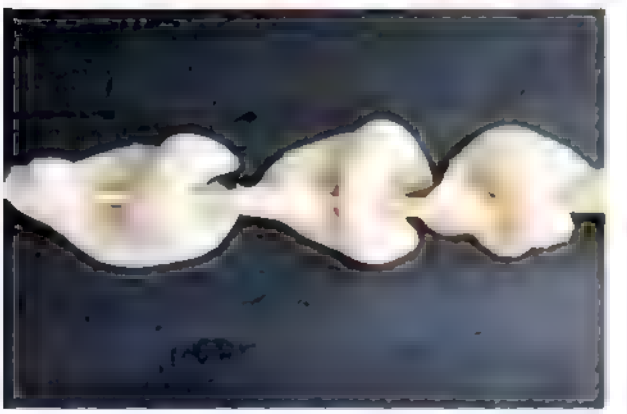
** If using wood skewers, soak them in water before using.*

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**273**	
Fat	**16**	**140**	**51%**
Saturated	2	21	8%
Polyunsaturated	2	21	8%
Monounsaturated	10	89	33%
Carbohydrate	**11**	**40**	**15%**
Dietary Fiber	3		
Protein	**23**	**92**	**34%**

Quick & Easy Tip

A tomato knife, which is simply a small, serrated knife, can be bought for around $10 and is worth every penny. The knife easily slices through the skin of a tomato, making dicing or slicing a tomato quick work.



KOREAN-STYLE BLACKBERRY RIBS

Time in the Kitchen: 25 minutes

Servings: 4

½ cup sesame oil

1 cup blackberries, frozen (defrosted) or fresh

¼ cup tamari

¼ cup ginger slices

1 garlic clove

2 tablespoons rice wine vinegar

2 pounds flanken-style beef short ribs

1 bunch scallions

The addictive finger-licking flavor of Korean short ribs usually comes from adding lots of sugar (or corn syrup) to the marinade. Ditch the sugar and use

berries instead to infuse a sweet flavor that's also rich with antioxidants.

These ribs can be cooked on the grill or under a broiler. If using a grill, bring it up to high heat while you make the marinade. The broiler should also be used on high heat.

Combine ¼ cup of the sesame oil, plus the next five ingredients in the blender until the marinade has a smoothie-like consistency.

Place the ribs in a container and pour the marinade on top. Flip the ribs around so they are well-covered with the marinade.

In a separate container, coat the scallions with the remaining ¼ cup of sesame oil.

Place the ribs and scallions on the grill or under the broiler. Cook the ribs for 4-6 minutes on each side, until the outside is a bit crispy and caramelized. The scallions will wilt and brown, but should be taken away from heat before they burn.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**1345**	
Fat	**122**	**1099**	**82%**
Saturated	44	397	30%
Polyunsaturated	15	133	10%
Monounsaturated	54	481	36%
Carbohydrate	**8**	**28**	**2%**
Dietary Fiber	3		
Protein	**51**	**217**	**16%**

SAVORY CREPES

Time in the Kitchen: 20 minutes

Servings: 4 crepes *(macronutrient profile based on serving size of 1 crepe)*

½ cup coconut milk*

2 tablespoons melted butter

4 tablespoons coconut flour

8 egg whites**

* You can adjust the thickness and texture of the crepe by adding a little more coconut milk to the batter if you like.

** The yolks can be saved for another meal, or scrambled with butter and used as a filling for the crepes.

Filling suggestions:

- **Smoked salmon**
- **Prosciutto**

- **Seasoned ground pork. Try using the recipe for *Pork and Shiitake Lettuce Cups* (page 83).**

- **Fresh herbs**

- **Sautéed mushrooms**

- **Sautéed shrimp (Try adding scallions and tamari to the crepe batter.)**

I'll let you in on a secret; these crepes are delicious served with cinnamon, butter and fresh berries, too, but for an appetizer I prefer savory fillings. The options for fillings are endless. A few great ones to try are listed in the ingredients panel.

In a large bowl, slowly pour the coconut milk and butter over the coconut flour, whisking and mashing with a fork so a smooth paste forms.

Briskly whisk the egg whites so they get nice and frothy. Pour the egg whites in with the coconut paste in four additions, whisking well with a fork or whisk between each addition. Adding the egg whites slowly ensures that the batter will be smooth; otherwise, coconut flour can clump together and be lumpy.

Add a tablespoon of oil or butter to a 10-inch skillet over medium heat. Pour just enough batter in the pan to coat the bottom (you should have enough batter to make 4 crepes). Quickly swirl the pan around so the batter spreads evenly.

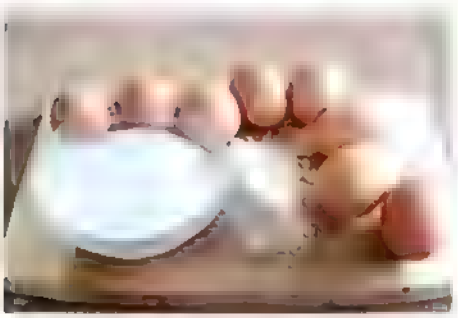
If necessary, after one minute you can gently loosen the edges of the crepe by sliding a rubber spatula underneath the crepe to prevent sticking.

After three minutes, flip the crepe with a large, flat pancake turner or a spatula. If you are adding a filling that you want to warm up, you can add it now across the middle of the crepe and put a lid on the skillet. If you are not adding a filling, it is not necessary to put a lid on the skillet.

Either way, cook for 2 more minutes, then fold the crepe and slide it out of the pan.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**248**	
Fat	**22**	**188**	**76%**
Saturated	18	153	62%
Polyunsaturated	0	4	1%
Monounsaturated	2	19	8%
Carbohydrate	**6**	**22**	**9%**
Dietary Fiber	3		
Protein	**9**	**37**	**15%**



BACON-WRAPPED CHICKEN LIVERS

Time in the Kitchen: 25 minutes

Servings: 4

1 pound of chicken livers

1 12-ounce package of bacon

Just about everything tastes better with bacon wrapped around it, and liver is no exception. Bacon-wrapped chicken livers are packed with protein and an abundance of vitamin A and several B vitamins, folic acid, iron, copper and CoQ10, which is important for cardiovascular function.

Cut the chicken livers so they are in similar shapes and sizes.

In a pan over medium heat, cook livers in a little oil for two minutes on each side.

Remove livers from the pan and let cool slightly. Wrap one piece of bacon tightly around each liver so that the liver is almost entirely covered by bacon.

Return bacon-wrapped livers to the pan and continue to cook over medium heat for about 3 minutes on each side, until bacon is nicely

browned and the liver is firm, but still slightly pink in the middle.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**648**	
Fat	**43**	**387**	**60%**
Saturated	14	126	20%
Polyunsaturated	5	48	7%
Monounsaturated	17	157	24%
Carbohydrate	**2**	**9**	**1%**
Dietary Fiber	0		
Protein	**59**	**252**	**39%**

browned and the liver is firm, but still slightly pink in the middle.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**648**	
Fat	**43**	**387**	**60%**
Saturated	14	126	20%
Polyunsaturated	5	48	7%
Monounsaturated	17	157	24%
Carbohydrate	**2**	**9**	**1%**
Dietary Fiber	0		
Protein	**59**	**252**	**39%**

CHICKEN WITH ALMOND COCONUT DIPPING SAUCE

Time in the Kitchen: 20 minutes
Servings: 3

1½ pound chicken tenders (or chicken breast cut into thin strips)

Chicken Seasoning:

3 tablespoons tamari

2 teaspoons coriander

1 teaspoon cumin

1 tablespoon sesame oil

Dipping Sauce:

½ cup almond butter

¼ cup coconut milk

¼ cup water

1 garlic clove

2 teaspoons ginger, minced 1 teaspoon tamari

3 teaspoons sesame oil

1 ½ tablespoons fish sauce

This recipe is similar to chicken satay, but uses almond sauce instead of peanut sauce for dipping. It's an easy appetizer and also a popular afternoon snack for kids.

Turn oven broiler or a grill to high heat.

Season the chicken with tamari, sesame oil, coriander and cumin. Broil or grill for 10 minutes, until chicken is cooked through.

Put all the ingredients for the dipping sauce into a food processor (the sauce can also be whisked together by hand). Process or whisk until smooth.

Serve the dipping sauce with the chicken. Garnish with chopped scallions if desired.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**760**	
Fat	**45**	**383**	**50%**
Saturated	10	85	11%
Polyunsaturated	10	89	12%
Monounsaturated	21	182	24%
Carbohydrate	**12**	**47**	**6%**
Dietary Fiber	3		
Protein	**79**	**329**	**43%**

PIGS IN A BLANKET

Time in the Kitchen: 20 minutes
Servings: 4

6-8 pork sausages

1 head of cabbage

mustard for dipping

toothpicks

Set out a plate and watch these little piggies wrapped in cabbage blankets disappear! They are easiest to eat if cut into bite-sized pieces and speared with a toothpick.

Grill sausages for 8-10 minutes, or until done.

Peel the leaves off the head of cabbage. Cut out the bottom half of the middle stem from each leaf, as this part tends to be tough and chewy. Microwave the leaves for 3-5 minutes, or until soft. If the cabbage leaves are too dry for your liking, drizzle with a little melted butter.

Set a sausage on the far end of a cabbage leaf and roll the leaf up. Secure the leaf around the sausage with several toothpicks. If the sausages are short, you can roll the leaf twice, then fold the sides in and continue rolling.

Cut cabbage-wrapped sausages into bite-sized pieces and serve with mustard for dipping.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**191**	
Fat	**13**	**117**	**61%**
Saturated	3	31	16%
Polyunsaturated	3	24	12%
Monounsaturated	6	53	28%
Carbohydrate	**12**	**45**	**23%**
Dietary Fiber	4		
Protein	**8**	**30**	**15%**

LAMB MEATBALLS

Time in the Kitchen: 25 minutes
Servings: 12 meatballs *(macronutrient profile based on serving size of 3 meatballs)*

1 pound ground lamb

1 egg

¼ cup dill or parsley, chopped

2 garlic cloves, finely chopped

¼ teaspoon cinnamon

¼ teaspoon allspice

½ teaspoon cumin

½ teaspoon paprika

½ teaspoon salt

¼ cup pine nuts

The aromatic spices and pine nuts add a slight sweetness to these rich lamb meatballs. Make a batch to keep in your fridge for snacks on the go, or serve these as a side with any type of vegetable to turn the meatballs into a full meal.

Mix together all ingredients.

Form ground lamb into 12 meatballs.

Warm a tablespoon of oil in a skillet over medium-high heat. Add meatballs and brown for 2 minutes, then turn and brown the other side for 2 minutes. Turn the heat down to medium and put a lid on the pan. Cook for 10-12 more minutes, until meatballs are no longer pink in the middle.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**401**	
Fat	**30**	**263**	**66%**
Saturated	10	90	22%
Polyunsaturated	5	41	10%
Monounsaturated	12	104	26%
Carbohydrate	**2**	**8**	**2%**
Dietary Fiber	1		
Protein	**31**	**130**	**32%**

COCONUT CURRY MEATBALLS

Time in the Kitchen: 30 minutes
Servings: 24 meatballs *(macronutrient profile based on serving size of 4 meatballs)*

1½ pounds boneless skinless chicken

1 carrot, grated

2_3 garlic cloves

½ cup shredded coconut

1 egg

2 teaspoons curry powder

½ teaspoon salt

a handful of cilantro (or parsley)

These meatballs are so good you might want to promote them from appetizer to main course. You can buy pre-ground meat if you like, but it takes hardly any time to grind it yourself in the food processor. A combination of thigh and breast meat yields a moist meatball that will hold together well.

Put everything in the food processor and pulse until smooth.

Using your hands, form 24 meatballs. The smaller size of these meatballs allows them to cook quickly.

Heat several tablespoons of oil in a large skillet over medium-high heat. When the skillet is hot enough so that a meatball sizzles as soon as it hits the pan, put all the meatballs in.

Cook two minutes then roll the meatballs over and cook five minutes more. Put a lid on the pan and finish cooking for another 6-8 minutes.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**260**	
Fat	**11**	**101**	**39%**
Saturated	4	37	14%
Polyunsaturated	2	19	7%
Monounsaturated	4	32	12%
Carbohydrate	**4**	**16**	**6%**
Dietary Fiber	1		
Protein	**34**	**145**	**55%**

GRILLED DUCK SKEWERS WITH SPICED BUTTER GLAZE

Time in the Kitchen: 30 minutes
Servings: 4

¼ cup melted butter

1 tablespoon honey

1 tablespoon tamari

¼ teaspoon Chinese five spice powder

4 boneless duck breasts with skin on

sesame seeds for garnish

Duck really isn't any more complicated to cook than other types of meat, especially if you throw it on the grill. The thick layer of skin tastes best when high heat turns it into a crispy, crunchy coating, so don't be afraid of getting the flames going a bit. The meat itself is most tender when left a bit pink.

Heat grill to high.

In a bowl whisk together butter, honey, tamari and Chinese five spice powder. Separate the glaze into two bowls: one for brushing the raw duck and one for dipping after the duck is cooked.

Cut the duck breasts in half lengthwise then into 4 pieces. Put on skewers, brush with half of sauce and grill. The heat should be high enough to brown and crisp the duck skin, but you may have to move the skewers around to avoid flare-ups. The cooking time will vary depending on how hot your grill is, but will likely take around 12 minutes.

Take the duck off the grill and drizzle with the reserved butter glaze or serve the glaze on the side. Sprinkle with sesame seeds.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		606	
Fat	38	336	55%
Saturated	14	127	21%
Polyunsaturated	4	39	6%
Monounsaturated	16	144	24%
Carbohydrate	5	17	3%
Dietary Fiber	0		
Protein	59	253	42%

Quick & Easy Tip

Instead of relying on a thermometer, use this easy chart to gauge how hot your grill is: hold your hand 5 inches above the center of the grill. If you can hold it there for only 2 seconds, it is a hot fire; 3 to 4 seconds, it is a medium-hot fire; 5 to 6 seconds, it is a medium fire; 7 seconds or more, it is a medium-low fire.

SALMON ROE AND CUCUMBER ROUNDS

Time in the Kitchen: 10 minutes
Servings: 15-20 pieces *(macronutrient profile based on serving size of 5 pieces)*

2 ounces salmon roe

1-2 cucumbers, sliced into rounds

1 avocado, cut into small chunks

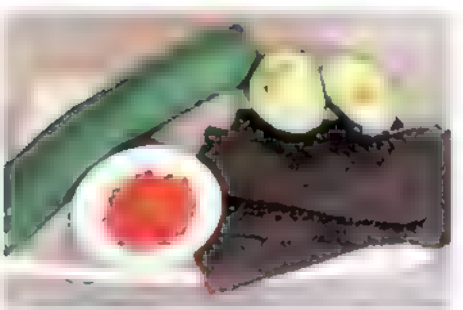
1 sheet of nori, cut into small squares

A colorful combination of complementary flavors with no actual cooking required. Just assemble the ingredients into a delicious bite-sized appetizer.

Lay cucumber rounds on serving platter. Set a square of nori on each cucumber slice and top with avocado and salmon roe.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**120**	
Fat	**9**	**72**	**60%**
Saturated	1	11	9%
Polyunsaturated	1	11	9%
Monounsaturated	5	44	36%
Carbohydrate	**8**	**30**	**24%**
Dietary Fiber	4		
Protein	**6**	**19**	**16%**



GRILLED MUSSELS WITH PARSLEY AND SHALLOT

Time in the Kitchen: 15 minutes

Servings: 4

2 pounds fresh mussels

1 small shallot, finely chopped

1 tablespoon olive oil or melted butter

¼ cup parsley, finely chopped

This is a great way to cook mussels outdoors. You can serve this dish on a platter with toothpicks, or toss the mussels in a bowl as a seafood salad.

Heat grill to medium.

Clean the mussels in cold water and pull the beards off. The beard looks like threads hanging outside of the shell.

The mussels can be put directly on the grill, but it's easier to put them in a grilling basket or on foil so they don't fall through the grates. Cook the

mussels with the grill lid on for 6-8 minutes until they open. Discard any shells that haven't opened.

Combine the shallot, olive oil/butter and parsley.

Shuck the mussels out of their shells and toss with the parsley dressing. Serve warm or chilled.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**420**	
Fat	**13**	**121**	**29%**
Saturated	2	22	5%
Polyunsaturated	3	28	7%
Monounsaturated	5	43	10%
Carbohydrate	**17**	**71**	**17%**
Dietary Fiber	0		
Protein	**54**	**229**	**54%**

Quick & Easy Tip

When a recipe calls for chopped herbs and you're in a hurry, use kitchen shears to cut fresh herbs into pieces instead of mincing the herbs with a knife.

SWEET AND SPICY COCONUT SAUCE

CREAMY CHIPOTLE SAUCE

CREAMY WALNUT SAUCE

SILKY LEMON AND EGG SAUCE

SPINACH HORSERADISH SAUCE

MUSTARD SAUCE

FENNEL PESTO

CAULIFLOWER CAPONATA

WALNUT BLUEBERRY RELISH

DUKKAH

SAUCES AND TOPPINGS

SWEET AND SPICY COCONUT SAUCE

Time in the Kitchen: 15 minutes
Servings: About 1 cup *(macronutrient profile based on serving size of 2½ tablespoons)*

1 teaspoon sesame oil

1 shallot, finely chopped

1 tablespoon rice wine vinegar

1 tablespoon sweet chile sauce

1 cup coconut milk

1 tablespoon fresh mint, finely chopped, or more to taste

Sweet chile sauce is sold in the Asian section of grocery stores and adds a sweet and spicy flavor to creamy coconut milk. This sauce is delicious drizzled over red meat and can be served as a dipping sauce for the ***Coconut Curry Meatballs*** (page 181).

Heat sesame oil in a pan and sauté shallot until soft.

Stir in vinegar and sauté twenty seconds more, then add hot chile sauce and coconut milk. Simmer until sauce is slightly thickened, about 10 minutes.

Remove from heat. If desired, shallot can be strained out. Stir in fresh mint.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**101**	
Fat	**10**	**87**	**86%**
Saturated	9	72	71%
Polyunsaturated	0	4	4%
Monounsaturated	1	6	6%
Carbohydrate	**3**	**11**	**11%**
Dietary Fiber	1		
Protein	**1**	**4**	**3%**

CREAMY CHIPOTLE SAUCE

Time in the Kitchen: 10 minutes
Servings: 1 cup *(macronutrient profile based on serving size of 2½ tablespoons)*

1 cup mayonnaise or sour cream, or a ½ cup of each

2 tablespoons lime juice

1 teaspoon of adobo sauce from a can of chipotle peppers in adobo

¼ cup cilantro, finely chopped (optional)

This creamy, spicy sauce straddles the line between a sauce and a dressing. It can be drizzled over practically any type of meat or seafood and also works well as a salad dressing. Try it with the ***Grilled Taco Salad*** (page 79).

Chipotle chiles in adobo sauce can be found jarred or canned at the grocery store and have a unique smoky flavor. They're also smokin' hot—don't say you haven't been warned.

Mix together ingredients. Add more lime juice and chipotle sauce to taste.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		265	
Fat	**29**	**254**	**97%**
Saturated	4	39	15%
Polyunsaturated	16	139	53%
Monounsaturated	7	64	24%
Carbohydrate	**2**	**7**	**3%**
Dietary Fiber	0		
Protein	**0**	**2**	**1%**

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		265	
Fat	**29**	**254**	**97%**
Saturated	4	39	15%
Polyunsaturated	16	139	53%
Monounsaturated	7	64	24%
Carbohydrate	**2**	**7**	**3%**
Dietary Fiber	0		
Protein	**0**	**2**	**1%**

CREAMY WALNUT SAUCE

Time in the Kitchen: 15 minutes

Servings: 1 cup *(macronutrient profile based on serving size of 2½ tablespoons)*

1 cup walnuts

1 shallot, finely chopped

2 tablespoons butter

1½ cup heavy cream or coconut milk

salt to taste

This rich and nutty sauce makes everything from roasted vegetables to chicken more interesting. For a Primal take on Chicken Alfredo, sauté thinly sliced zucchini with chicken, then pour the sauce on top.

Sauté walnuts and shallot in butter until walnuts are lightly toasted, about 3 minutes.

Add 1 cup of cream or coconut milk and bring to a gentle simmer for five minutes.

Pour the walnuts and cream in a blender and purée until as smooth as possible. Add salt to taste.

This yields a fairly thick sauce. Add the additional ½ cup of cream or coconut milk to thin out if desired. If you want the sauce to be silky smooth, push the puréed sauce through a fine mesh sieve so the nut solids are separated out.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**244**	
Fat	**24**	**204**	**83%**
Saturated	8	69	28%
Polyunsaturated	10	83	34%
Monounsaturated	5	41	17%
Carbohydrate	**6**	**22**	**9%**
Dietary Fiber	1		
Protein	**5**	**19**	**8%**

SILKY LEMON AND EGG SAUCE

Time in the Kitchen: 10 minutes
Servings: 2 cups *(macronutrient profile based on serving size of 2½ tablespoons)*

2 eggs

juice of 1 lemon (about 3 tablespoons)

2 cups chicken stock

2 teaspoons arrowroot

1 tablespoon water

By its looks and ingredients you wouldn't think this traditional Greek sauce, often called “avgolemono” was anything special, but it adds a surprising amount of flavor when drizzled over pretty much anything (especially cooked chicken, fish and vegetables). The bright, lemony flavor comes through whether this sauce is served hot or cold. If you really like it, you might even consider using it as broth for a creamy soup.

If you can't find arrowroot (check the spice aisle at the grocery store) you can still make this sauce, it will taste great, it just won't be as thick.

Whisk eggs with lemon juice really well for at least 30 seconds until completely combined and frothy.

Combine stock and egg mixture in a saucepan over medium heat. Stir as it comes to a boil. Continue to boil for several minutes.

Mix together arrowroot and water. Remove the sauce from heat and drizzle in the arrowroot while stirring constantly. Within a few minutes, the sauce will thicken.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**24**	
Fat	**1**	**11**	**47%**
Saturated	0	3	14%
Polyunsaturated	0	2	8%
Monounsaturated	1	5	19%
Carbohydrate	**1**	**5**	**20%**
Dietary Fiber	0		
Protein	**2**	**8**	**33%**

SPINACH HORSERADISH SAUCE

Time in the Kitchen: 10 minutes
Servings: 1 cup *(macronutrient profile based on serving size of 2½ tablespoons)*

1 cup frozen chopped spinach (thawed) or 2 large handfuls of fresh spinach

1 small handful (or about ¼ cup) fresh parsley, roughly chopped

2 tablespoons prepared white horseradish (or more to taste)

½ cup mayonnaise

2 tablespoons fresh lemon juice

2 scallions, roughly chopped

This sauce is thick enough to be a dip, and you'll find that it does go really well with a platter of raw vegetables for dipping. Otherwise, spoon it over fish and its lemony flavor will really shine. It's also delicious served with the **Dill and Caper Salmon Burgers** (page 85).

If using defrosted spinach, squeeze it over a colander to get rid of as much moisture as possible.

Mix all ingredients in the food processor until smooth.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		156	
Fat	**15**	**137**	**88%**
Saturated	3	25	16%
Polyunsaturated	8	70	45%
Monounsaturated	4	34	22%
Carbohydrate	**4**	**13**	**8%**
Dietary Fiber	2		
Protein	**2**	**5**	**3%**

MUSTARD SAUCE

Time in the Kitchen: 10 minutes
Servings: V2 cup *(macronutrient profile based on serving size of 2½ tablespoons)*

2 tablespoons unsalted butter

1 small shallot

½ cup chicken stock

¼ cup Dijon or German mustard

4 tablespoons coconut milk (or heavy cream)

1 tablespoon parsley, finely chopped

Mustard, especially when mixed into a creamy sauce, always tastes great with pork, although there is no reason you can't use this sauce with other types of meat as well. The coconut milk adds creaminess to this sauce, but doesn't affect the flavor.

Melt butter over medium heat and add shallot. Sauté until soft.

Add chicken stock and simmer for five minutes.

Add mustard and coconut milk and simmer for two minutes. Stir in parsley.

Macronutrient Profile (per serving)

	Grams	Calories	%-Cals
Calories		**134**	
Fat	**13**	**114**	**85%**
Saturated	9	77	58%
Polyunsaturated	1	5	4%
Monounsaturated	3	25	18%
Carbohydrate	**3**	**11**	**8%**
Dietary Fiber	1		
Protein	**2**	**9**	**6%**

FENNEL PESTO

Time in the Kitchen: 10 minutes
Servings: 1 cup *(macronutrient profile based on serving size of 2½ tablespoons)*

1 fennel bulb

¼ cup fresh basil, roughly chopped

½ teaspoon lemon zest

1 garlic clove

½ cup olive oil

½ cup pine nuts

salt to taste

Creamy and addictive, this cheese-less pesto will quickly become a favorite. Because this pesto is all about the delicate flavor of fennel, it only has a little bit of basil added. You could, however, add more basil and pine

nuts to give it a more traditional pesto flavor. Serve as a dip with vegetables or spoon over cooked chicken and fish.

Cut top stems off the fennel bulb but keep the soft, feathery fronds to add to the pesto.

Cut the fennel bulb in half, peel off the outer layer and cut out the inner core. Roughly chop the fennel bulb and combine in the food processor with the fennel fronds, basil, lemon zest, garlic and olive oil. Blend until smooth.

Add the pine nuts and pulse a few times until just blended. Add salt to taste.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**207**	
Fat	**22**	**193**	**93%**
Saturated	3	25	12%
Polyunsaturated	4	34	16%
Monounsaturated	14	125	61%
Carbohydrate	**2**	**10**	**5%**
Dietary Fiber	1		
Protein	**1**	**5**	**2%**

CAULIFLOWER CAPONATA

Time in the Kitchen: 30 minutes
Servings: 2 cups *(macronutrient profile based on serving size of 2½ tablespoons)*

¼ cup olive oil

1 cauliflower head, broken into very small florets

1 onion, finely diced

1 shallot, minced

1 garlic clove, minced

¼ cup golden raisins

¼ cup balsamic vinegar

1 tablespoon honey

¼ teaspoon red pepper flakes

½ teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

1 teaspoon unsweetened cocoa powder

¼ cup toasted pine nuts

salt to taste

Caponata is a Sicilian dish that is traditionally made with eggplant. Every once in while it's good to challenge tradition, and I've done so by using cauliflower instead. This mild vegetable is the perfect backdrop for the bold sweet, savory and sour flavors that have made caponata such a treasured regional dish. As a sauce, this caponata is especially good spooned over pork.

Add the olive oil to a deep pan over medium-high heat. When hot, add cauliflower and sauté for several minutes to brown cauliflower slightly.

Add onion and shallot, sauté one minute, then add all the remaining ingredients except pine nuts.

Turn heat to medium-low and simmer with a lid for 10-15 minutes, stirring once or twice. The cauliflower should be soft, but not mushy.

Turn off heat and add pine nuts. Salt to taste.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**90**	
Fat	**7**	**57**	**64%**
Saturated	1	7	8%
Polyunsaturated	1	13	14%
Monounsaturated	4	34	38%
Carbohydrate	**8**	**29**	**32%**
Dietary Fiber	1		
Protein	**1**	**3**	**4%**

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**90**	
Fat	**7**	**57**	**64%**
Saturated	1	7	8%
Polyunsaturated	1	13	14%
Monounsaturated	4	34	38%
Carbohydrate	**8**	**29**	**32%**
Dietary Fiber	1		
Protein	**1**	**3**	**4%**

WALNUT BLUEBERRY RELISH

Time in the Kitchen: 15 minutes

Servings: 1 cup *(macronutrient profile based on serving size of 2½ tablespoons)*

1 cup walnuts

$^1/_3$ cup balsamic vinegar

½ cup dried blueberries (with no sugar added)

½ of a small red onion, thinly sliced

1-2 garlic cloves, finely chopped

Simultaneously sweet, savory and tart, this relish will remind you of candied walnuts, but with many more layers of flavor. It's delicious served with pork or simply spooned over a salad.

Preheat oven to 325°F.

Toast the walnuts in the oven for 10 minutes.

While the walnuts are toasting, combine balsamic vinegar, dried blueberries, red onion, and garlic in a pan over medium-high heat. Bring to a boil, then turn the heat down slightly and simmer until almost all of the balsamic vinegar has disappeared, about 8 minutes.

Stir in walnuts and continue stirring until they are well coated. Serve warm or at room temperature.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**157**	
Fat	**13**	**110**	**72%**
Saturated	1	10	7%
Polyunsaturated	9	79	52%
Monounsaturated	2	15	10%
Carbohydrate	**8**	**32**	**21%**
Dietary Fiber	2		
Protein	**3**	**11**	**7%**

DUKKAH

Time in the Kitchen: 10 minutes
Servings: cups *(macronutrient profile based on serving size of 2½ tablespoons)*

¾ cup hazelnuts

¼ cup coriander seeds

2 tablespoons sesame seeds

2 tablespoons cumin seeds

1 teaspoon black peppercorns

1 teaspoon fennel seeds

½ teaspoon salt

Dukkah is an Egyptian blend of nuts and spices, often combined with olive oil. Dukkah is often served as a dip or spooned over cooked meat and vegetables. The combination of spices used for Dukkah varies according to

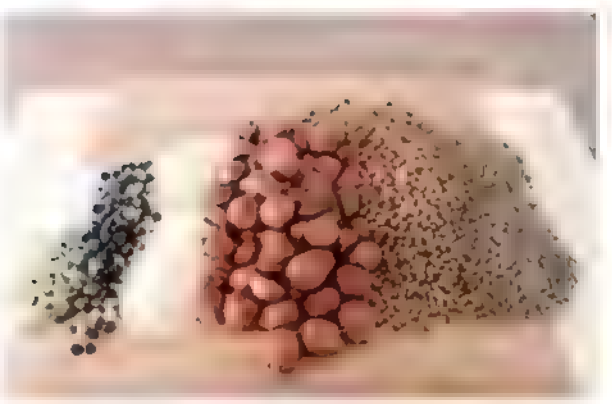
who's making it. Give this blend a try, then make it your own by adding or eliminating spices and herbs and experimenting with different types of nuts.

Put all ingredients, except salt, in a pan over medium heat and toast for two minutes.

Let cool then mix with salt and grind either in a food processor or with a mortar and pestle. The texture should be coarse, not as smooth as a paste. Can be stored in an airtight container for several weeks.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		**114**	
Fat	**10**	**82**	**72%**
Saturated	1	7	6%
Polyunsaturated	2	14	13%
Monounsaturated	7	57	50%
Carbohydrate	**7**	**20**	**18%**
Dietary Fiber	5		
Protein	**3**	**11**	**10%**



ANCHO CHILE COCOA RUB

JAMAICAN JERK RUB

FENNEL AND LEMON RUB

CORIANDER MUSTARD SEED RUB

GARLIC LOVERS' RUB

PEPPER LOVERS' RUB

MOROCCAN RUB

LAVENDER RUB

SESAME SEAWEED RUB

GINGER RUB

RUBS

ANCHO CHILE COCOA RUB

Time in the Kitchen: 5 minutes
Servings: Enough to season at least 1 pound of protein

1 tablespoon ancho chile powder

1 teaspoon unsweetened cocoa powder

½ teaspoon cinnamon

¼ teaspoon nutmeg

The pleasantly bitter flavor of unsweetened chocolate and smoky flavor of ancho chile powder pairs best with grilled steak.

Mix spices together and rub on meat before cooking.

JAMAICAN JERK RUB

Time in the Kitchen: 10 minutes
Servings: Enough to season at least 1 pound of protein

1 teaspoon dried thyme

1 teaspoon granulated garlic

½ teaspoon black pepper

¼ teaspoon allspice

¼ teaspoon dried onion

¼ teaspoon dried ginger

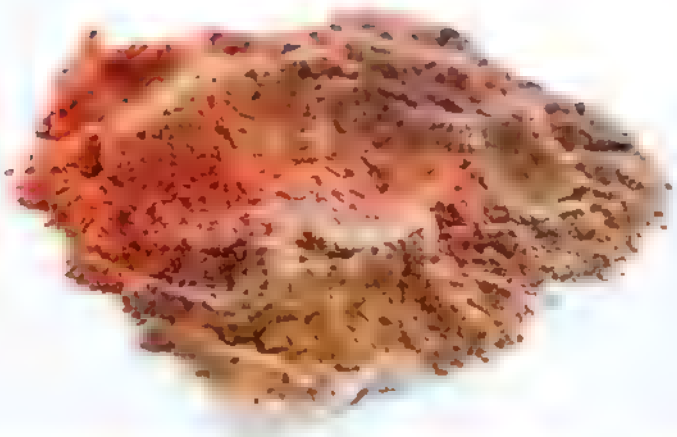
¼ teaspoon cinnamon

1/8 teaspoon nutmeg

1/8 teaspoon cayenne pepper

Jamaican rubs are fiery blends balanced with the sweetness that comes from baking spices like cinnamon, nutmeg and allspice. No two Jamaican Jerk rubs are the same and you can play around with the quantities of each spice to create your own perfect rub for pork or chicken.

Simply combine all the spices.



Quick & Easy Tip:

Salt is not included in most of the rub recipes, but does help bring out flavor. You can add a teaspoon of salt to any rub you make, or simply wait and salt the meat to taste after cooking.

FENNEL AND LEMON RUB

Time in the Kitchen: 5 minutes

Servings: Enough to season at least 1 pound of protein

1 tablespoon fennel seeds

1 teaspoon dried lemon peel

1 teaspoon dried parsley

Fennel seeds have a stronger flavor than fresh fennel but even so, those who profess not to like the flavor of licorice shouldn't be scared away. The licorice-like flavor of fennel seeds is not overpowering when mixed with dried lemon peel and parsley. These flavors are best with lamb and pork, or fish such as cod and halibut.

Grind fennel seeds in a coffee grinder or with a mortar and pestle and mix with parsley and lemon.

CORIANDER MUSTARD SEED RUB

Time in the Kitchen: 10 minutes

Servings: Enough to season at least 2 pounds of protein

2 tablespoons coriander seeds

1 tablespoon cumin seeds

1 teaspoon mustard seeds

1 teaspoon green cardamom pods

1 teaspoon nutmeg

The flavor and aroma of coriander has a hint of lemon that blends in well with the stronger flavors and powerful aromatics of spices like cardamom and cumin. Try this rub with lamb or beef that is slowly cooked to tenderness.

In a skillet over medium heat, toast coriander, cumin, mustard, and cardamom for about 3 minutes. The spices will become more fragrant and slightly darker as they toast and some of the seeds might make popping noises.

Cool, then finely grind with remaining ingredients in a coffee grinder or with a mortar and pestle.

Quick & Easy Tip

A mortar and pestle consists of a bowl and a rounded tool used to crush and grind ingredients. You can find a mortar and pestle at most cookware stores. To get the job done faster, dedicate a coffee grinder in your kitchen for only grinding spices.

GARLIC LOVERS' RUB

Time in the Kitchen: 5 minutes
Servings: Enough to season at least 1 pound of protein

1 tablespoon granulated garlic

1 teaspoon black peppercorns

½ teaspoon cumin seeds

½ teaspoon onion powder

The name really says it all for this rub. Fresh garlic tends to burn and become bitter when heated for long periods of time, which is where dried garlic comes in handy. Use this rub on roasts that will be cooked for extended periods of time or meat that is cooked over high heat.

Grind together garlic, peppercorns and cumin seeds in a coffee grinder or with a mortar and pestle. Mix with onion powder.

PEPPER LOVERS' RUB

Time in the Kitchen: 5 minutes

Servings: Enough to season at least 1 pound of protein

1 tablespoon Sichuan peppercorns

1 teaspoon black peppercorns

½ teaspoon dried lemon peel

This rub has plenty of heat from the peppercorns, but spicy isn't all you get. Sichuan peppercorns have an earthy and lemony quality that really comes out when heated. Great on seafood, like shrimp and squid, and on red meat.

Toast peppercorns in a pan over medium heat for several minutes until lightly toasted and aromatic.

Grind in a coffee grinder or with a mortar and pestle and combine with lemon peel.

Quick & Easy Tip:

Dried lemon or orange peel can be found in the spice section of some markets. If you can't find it, make your own by using a paring knife to trim away just the colored part of the lemon or orange skin with no white pith attached. Lay the strips skin-side down on a plate and let them dry for a few days until they shrivel and are no longer moist. To use, either crumble the dried peel or if you have enough, whirl it in a blender. Store in a covered jar.

MOROCCAN RUB

Time in the Kitchen: 5 minutes
Servings: Enough to season at least 1 pound of protein

1 tablespoon coriander seeds

1 teaspoon caraway seeds

½ teaspoon cinnamon

½ teaspoon allspice

¼ teaspoon red pepper flakes

Spice combinations that are simultaneously earthy and sweet with just a bit of heat always bring to mind the complex flavors of Moroccan cuisine. This rub is especially good on lamb or pork.

Toast coriander and caraway seeds in a pan over medium heat for several minutes.

Grind in a coffee grinder or with a mortar and pestle and mix with cinnamon, allspice and red pepper flakes.

LAVENDER RUB

Time in the Kitchen: 5 minutes

Servings: Enough to season at least 1 pound of protein

1 tablespoon lavender buds

1 teaspoon dried parsley

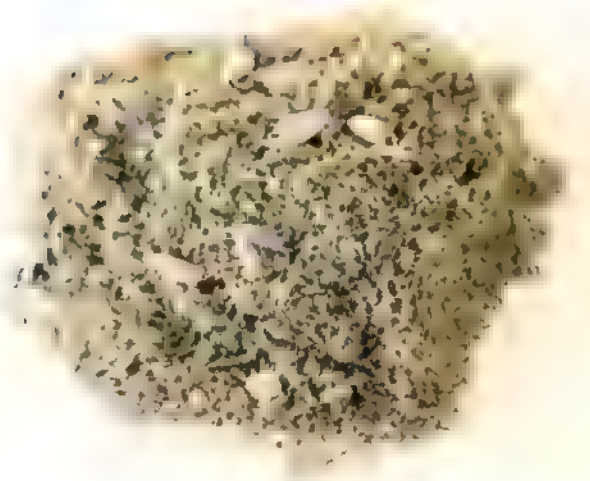
1 teaspoon dried thyme

½ teaspoon fennel seeds

This rub is similar to *Herbes de Provence,* a mixture of dried herbs used in the cuisine of Southern France. Lavender does indeed bring a bit of a floral quality, but the parsley, thyme and fennel bring plenty of savory flavor to balance it out. Chicken, lamb and roasted vegetables are especially good with this incredibly aromatic blend.

Buy dried lavender in the spice section of a grocery store or market to ensure you are getting culinary-grade lavender. If harvesting your own lavender, make sure it's pesticide-free and a species of lavender that has a flavor suitable for eating.

Grind all ingredients together briefly in coffee grinder or with a mortar and pestle.



SESAME SEAWEED RUB

Time in the Kitchen: 5 minutes
Servings: Enough to season at least 1 pound of protein

2 tablespoons black sesame seeds

1 tablespoon dulse flakes

½ teaspoon salt

This rub can be added to seafood or red meat before cooking, but it's really better as a seasoning after the protein has been cooked. Shake onto salads and vegetables too, or blend with sesame oil for a quick dressing.

Dulse flakes are paper-thin slivers of dried seaweed. Often found in the Asian section of grocery stores, dulse has high amounts of magnesium and calcium.

Mix ingredients together. That's it!

GINGER RUB

Time in the Kitchen: 5 minutes
Servings: Enough to season at least 1 pound of protein

1 teaspoon ginger

1/8 teaspoon granulated garlic

1 teaspoon dried orange peel

¼ teaspoon Chinese five spice powder

Dried ginger tends to be spicier than the fresh root, so a little bit goes a long way. This warm and inviting spice blend is tastiest on red meat, but can also be used with duck or pork.

Simply mix spices together.

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